

Savvy Caregiver Training Sessions



Are you a caregiver for a family member who has Alzheimer's disease or another related disorder?
Does that person live at home?
Are you looking for ways to increase your knowledge and confidence in this role?

ST. JOHN'S COMMUNITY CARE

Caring compassionately for aging and disabled people since 1985

will offer Savvy Caregiver Training sessions several times through 2018 using a curriculum developed by the University of Minnesota.

This training provides tools to family members who are caring for an individual with dementia/memory loss who is living at home, either alone or with family. Each session will be comprised of six two-hour sessions.

The series of 6 classes will be held

► **Thursday mornings from 10 - noon on
Feb. 15 & 22 - March 1, 8, 15, 22**

Ruth's House, 7325 Marine Rd, Edwardsville, IL 62025

Each series is limited to a maximum of 12 families. There is no cost to those attending. Registration is required.

Ruth's House is offering complimentary care for person with dementia with reservation.

► **Tuesday evenings from 6 - 8 pm on
April 17 & 24 - May 1, 8, 15, 22**

Fairview Heights Community Room, 10025 Bunkum Road, Fairview Heights, IL 62208

For more information or to register, call 344-5008.