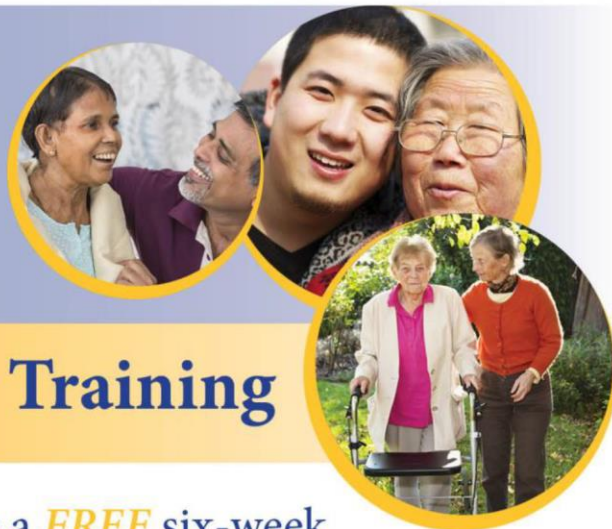


the  
*healthy* living  
Center of Excellence




## Virtual Savvy Caregiver Training

The Virtual Savvy Caregiver Training is a **FREE** six-week program for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias.

Offered at no cost by Coastline

Each Tuesday beginning May 18 – June 22, 2021 – 10:00 AM – 12:00 PM

For more information and registration, contact Stephanie Gibson at 774 510-0193 or you may register online at [healthyliving4me.org](http://healthyliving4me.org). Assistance with technology equipment may be available



Taking care of a person living with Alzheimer's or a related dementia is specialized work. To do it successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.

Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person you are caring for
- Learn the skills you need to manage daily life
- Take control and set goals
- Communicate more effectively
- Strengthen family resources
- Feel better about your caregiving

The Savvy Caregiver Program is sponsored by Elder Services of the Merrimack Valley and North Shore.



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