



## The Savvy Caregiver Program

*The Savvy Caregiver Program is a **FREE** six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!*

**Join Us:**

**Tuesdays (will be held virtually)**

2/22/2022 - 3/29/2022

1:00-3:00

**For More Information**

**Contact: Erin LaBreck**

**(413)588-5749**

**Email: [elabreck@highlandvalley.org](mailto:elabreck@highlandvalley.org)**

**[www.healthyliving4me.org](http://www.healthyliving4me.org)**

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

Become an expert in Caregiving for someone with Alzheimer's or related dementias!

**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.
- Take care of you!



Elder Services of the Merrimack Valley, Inc.

*Choices for a life-long journey*

The Power to Redefine Aging.



HARVARD MEDICAL SCHOOL  
AFFILIATE

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