

Savvy Express

Free Caregiver Workshop



SAVVY EXPRESS, 3 SESSIONS

Tuesday, August 14th, 21st, & 28th

10:00 am to 12:00 pm

(Workshop meets once a week for 3 weeks)

ONEgeneration Senior Enrichment Center

18255 Victory Blvd. Reseda, CA 91335

To register, please call (818) 705-2345



FREE classes that help you:

- understand Alzheimer's & dementia
- learn what to do when daily tasks become challenging
- Identify techniques to reduce caregiver stress