

# Caring for a loved one with dementia? We can help!

## The Savvy Caregiver Program



**The Savvy Caregiver Program** is a **FREE** six-session training series for family and friends who are active caregivers of a loved one with Alzheimer's or a related dementia.

### Savvy Caregiver will help you:

- Understand the impact of dementia on you and the person you are caring for.
- Learn the skills you need to manage daily life and strategies to minimize stress.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Achieve better balance between caregiving and your own self-care.

Program is **FREE**

**CLASS MATERIALS PROVIDED**

Feel free to bring a bag lunch

**Starting March 18**

Class meets for 6 weeks  
each Wednesday from 12:00 – 2:00

**Class dates**

March 18, 25, April 1, 8, 15, 22  
**APRIL 29 (SNOW DATE EXTENSION)**

Hosted at:

**Marlborough Senior Center**

40 New St., Marlborough, MA

**For more information and register please call:**

Renee D'Argento

Healthy Living Coordinator

508-573-7251

MINIMUM NUMBER OF PARTICIPANTS REQUIRED  
TO HOLD PROGRAM

**FREE Respite Care 11:30 AM-2:30 PM**  
**includes Lunch**

(Suggested donation \$15)

**To Arrange in Advance, Call: 508-485-6492**



BayPath Elder Services, Inc.

*the* **healthy living**  
Center of Excellence

*These programs are made possible in part through a grant provided by the Administration on Community Living and Massachusetts Executive Office of Elder Affairs as granted by BayPath Elder Services. If you would like to make a voluntary donation, please mail a check to: The Healthy Living Department, BayPath Elder Services, 33 Boston Post Rd West, Marlborough, MA 01752. Your donations are put directly toward enhancing availability of healthy living programs.*