

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.