

# 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**

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

(Suggested donation \$15)  
**To Arrange in Advance, Call: 508-485-6492**

