

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

Starting March 17

Class meets 6 weeks, Tuesdays from 1:30 – 3:30
(Please arrive at 1:15 for check in, classes will begin promptly at 1:30.)

Class dates

March 17, 24, 31

April 7, 14, 21; **APRIL 28 (SNOW DATE)**

Hosted at:

Millis Public Library

961 Main St. Millis, MA

For more information and register please call:

Renee D'Argento

Healthy Living Coordinator

508-573-7214

MINIMUM NUMBER OF PARTICIPANTS REQUIRED
TO HOLD PROGRAM

For review of caregiver supports,
including respite options, contact
Haley Stansberry, Family Caregiver Specialist
781-784-4944

HESSCO
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BayPath Elder Services, Inc.

the healthy living
Center of Excellence

These programs are made possible in part through a grant provided by HESSCO, the Administration on Community Living and Massachusetts Executive Office of Elder Affairs. 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.