



OPTIMISTIC PEOPLE IN A CARING ATMOSPHERE

## SAVVY CAREGIVER

### FREE Workshops

#### SAVVY CAREGIVER

is a program that helps people caring for a family member or friend living with Alzheimer's or another dementia by providing ideas and tools to get through the journey. Each class is 2 hours and meets once a week for 6 weeks.



#### 6 Thursdays at:

Roxbury Park Community Center

471 S Roxbury Drive, Beverly Hills, CA 90212

May 22nd to June 26th— **10:00 AM—12:00 PM**

- May 22
- May 29
- June 5
- June 12
- June 19
- June 26

OPICA - Center of Excellence  
Support for Adults Living with  
Memory Loss and their Families

#### Join our FREE classes to:

- Understand the course of the disease
- Learn how to manage difficult behaviors
- Connect with others going through the same things
- Find out about resources in your community

Instructor: Monica Moore, MSG

Workshops are sponsored by the Beverly Hills Community Assistance Grant Funding. The workshops are hosted by the OPICA Adult Day Care and Counseling Center.

RSVP for the workshops at: [Kathleen@opica.org](mailto:Kathleen@opica.org)

To find out more about OPICA go to the website at [www.opica.org](http://www.opica.org) or call 310.478.0226