

SAVVY CAREGIVER EXPRESS

FREE Virtual Workshops



Monday,
March 10th,
17th & 24th
1-3 pm

SAVVY CAREGIVER EXPRESS 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 3 weeks.

Join our Virtual **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

**Space is limited, please register on or before March 6th,
to Stephanie Rubinstein; Stephanie@opica.org – Phone: 310-478-0226 ext. 111
(reference this class when registering or leaving a message)**

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