

CAREGIVERS!

ARE YOU CARING FOR SOMEONE
WITH DEMENTIA AND LIVE IN
FALMOUTH?

THE SAVVY CAREGIVER WORKSHOP IS FREE !

- LEARN ABOUT DEMENTIA-RELATED DISEASES
- DEVELOP CAREGIVING STRATEGIES
- CONNECT WITH OTHER CAREGIVERS
- DISCOVER NEW METHODS FOR SELF-CARE

WHERE: The Falmouth Senior Center

WHEN: January 30th-March 6th

Thursdays 9:30-11:30

Space is limited! Register **TODAY** to reserve
your spot!

CALL 508-258-2476 OR EMAIL

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Elder Services

of Cape Cod and the Islands