



Caregiving With Dignity

This three-session training series, will help caregivers learn how to better care for their loved ones and themselves. Experts within their fields will speak on the following topics to offer valuable education and community resources, and to support the health and well-being of both caregivers and those they care for. To register, or for more information, call 209-461-5112 or email sjmccommunityhealth@dignityhealth.org.

Attend one, or attend them all!

Session 1: Oct. 24 - Safety & Support (physical, home and medication safety tips)

Session 2: Nov. 21 - Disease Education & Self-Management Skills

Session 3: Dec. 19 - Patient Advocacy, Resources, and Self-Care

2 - 4 pm

Classroom 1, St. Joseph's Medical Center



Dignity Health®
St. Joseph's Medical Center

Registration required. No cost. Refreshments provided.
dignityhealth.org/stockton/communityhealth