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Presents...



**CREATING CONFIDENT CAREGIVERS®
SIX-WEEK CLASS WORKSHOPS**

ARE YOU CARING FOR A FAMILY MEMBER WITH MEMORY LOSS?

- Have you started to have difficulty communicating with your family member?
- Are you frustrated with his/her inability to do simple things?
- Have you noticed changes in your family member's mood or personality?
- Does your family member exhibit decreased judgement?

**IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS,
THE CREATING CONFIDENT CAREGIVERS WORKSHOP WILL HELP!**

LEARN ABOUT:

- Dementia and its effect on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiver skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

SIX-WEEK CLASS WORKSHOPS OFFERED

Wednesdays, January 16 - February 20, 2019

Wednesdays, April 24 - May 29, 2019

Wednesdays, August 21 - September 25, 2019

Otsego Memorial Hospital • Medical Professional Building
6:00 to 8:00pm

FREE RESPITE CARE OFFERED DURING CLASS

For more information and to register

Please call the Otsego County Commission on Aging at

989.732.1122

This program is supported in part by the US Administration on Aging through the Michigan Office of Services to the Aging and the Region 9 Area Agency on Aging.