

# Savvy Caregiver Training Sessions



**Are you a caregiver for a family member who has Alzheimer's disease or another related disorder?  
Does that person live at home?  
Are you looking for ways to increase your knowledge and confidence in this role?**

**ST. JOHN'S**  
COMMUNITY CARE

This training provides tools to family members who are caring for an individual with dementia/memory loss who is living at home, either alone or with family. Each session will be comprised of six two-hour sessions.

Curriculum developed by the University of Minnesota.

**AGESMART**  
COMMUNITY RESOURCES  
Providing Options for Independence

Thanks to a grant from AgeSmart, there is no charge to attend.

**The series of 6 classes will be held**  
▶ **Thursday from 10:00 to Noon on**  
**August 13, 20, 27 and Sept. 3, 10, 17**  
**St. John's Community Care,**  
**222 Goethe Avenue,**  
**Collinsville, IL 62234**

For more information or to register, call 618-344-5008.