



Are you helping care for a loved one over the age of 60?



**FREE  
CLASSES  
for family  
caregivers!**

## **CARE PATHWAYS Can Help**

- **FREE** program delivered in a series of 11 workshops
- **FREE** respite & transportation may be available
- **FREE** support & referrals to community resources

*Get answers about Dementia, Alzheimer's, Parkinson's, Communicating Effectively, Managing Stress, Legal Issues, Grief, How to Care for an Older Adult & much more...*

Classes are also starting in the following cities: Riverside, Menifee, Beaumont and Moreno Valley. Call for more information!

**call today  
to register**

**(951) 867-3800**

**Classes will start  
again in**

**January 2019  
throughout  
Riverside  
County**