

# Savvy Caregiver Express

## Free Workshop



## Helping Alzheimer's Family Caregivers Care with Savvy

- understand Alzheimer's disease & dementia
- learn what to do when routine tasks become challenging
- recognize the importance of taking care of you

**FRIDAYS – March 23<sup>rd</sup>, March 30<sup>th</sup> & April 6<sup>th</sup>, 2018**  
**11:00 a.m. to 1:00 p.m. \*All Sessions Required**



**Funded By: RIVERSIDE COUNTY**  
**Office on Aging**  
*6296 River Crest Drive, Ste. K*  
*Riverside, CA 92507*

**\*\*\* REGISTRATION REQUIRED – LIMITED RESPITE AVAILABLE \*\*\***

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