

SAVVY CAREGIVER PROGRAM

SIX WEEKLY 2-HOUR SESSIONS DURING DEC 2017 TO JAN 2018



Family members taking on the caregiving role are often under a lot of stress. This training program can enable you to develop a sense of control or mastery, finding ways to reduce the effects of caregiving stress and to increase your sense of satisfaction and accomplishment.

Keys to success:

- ⇒ **Manage daily life with the person having a dementing illness like Alzheimer's disease**
- ⇒ **Getting help**
- ⇒ **Caregiver self-care**

The Savvy Caregiver training program has been tested and proven to reduce Alzheimer caregivers' distress effectively.

Sponsored By:



PLACE: CHINESE AMERICAN SERVICE LEAGUE
RM 205, 2141 S. TAN COURT, CHICAGO, IL

Dates: Dec, 2017, (dates to be advised)

Time: To be advised

Language: Chinese Cantonese or Mandarin

Target: Dementia Caregivers (Family Members)

Meal: Refreshment

Fee: Free of Charge



PLEASE CALL 312-791-0418 EXT 3203 MS ZHANG OR 1128 MS CHAN FOR DETAILS.