



The Savvy Caregiver Program

*The Savvy Caregiver Program is a **FREE** six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!*

**Sponsored by Coastline and the Councils on Aging of
Marion and New Bedford
Two locations**

**Thursdays, September 14 – October 19 - 12:30 – 2:45
Marion COA, 164 Front St., Marion, MA**

**Tuesdays, October 31 – December 12 - 9:00 – 11:15
Hazlewood Senior Center, 553 Brock Ave, New Bedford**

For More Info or To Register

Call Stephanie Gibson at 774-510-5209 sgibson@coastlinenb.org

Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.

Become an expert in Caregiving for someone with Alzheimer's or related dementias!

Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person you are caring for.
- Learn the skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving.
- Take care of you!



Elder Services of the Merrimack Valley, Inc.

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HARVARD MEDICAL SCHOOL
AFFILIATE

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