

# Maine Savvy Caregiver



## Are you caring for a family member with dementia?

12-hour training for family caregivers of people with dementia

You can build:

**A**ttitudes: Learn how to take care of yourself and reduce stress

**S**kills: Communicate more easily with the person to make both  
of your days better

**K**nowledge: Learn about dementia and how it affects the person

There is no charge. Participation in this training will include participation in a research project to evaluate the program by completing pre and post surveys.

It is important to plan to attend all six classes.

**Southern Maine Agency on Aging, Scarborough**

**March 6, 13, 20, 27, April 3 and 10, 2012**

**1:30—3:30 PM**

**Pre-registration required**

**1-800-427-7411 x 541**



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