

Free 6-Week Program for Caregivers of People with Dementia-related Illnesses



Dates:

April 29
May 6, 13, 20, 27
June 3

SAVVY Caregiver Program

Tuesdays | 1:00 p.m. - 3:00 p.m.

Senior Friendship Centers of Charlotte County

Rebecca Neal Owens Center

27420 Voyager Drive

Punta Gorda, FL 33983 (Harbour Heights)



The Savvy Caregiver Program is a FREE evidence-based program designed to help people caring for individuals with an Alzheimer's/Dementia-related illness:

- Understand disease progression and impact
- Adopt skills and strategies to successfully manage activities of daily living
- Identify and engage family and community resources for care-related assistance and support
- Develop self-care strategies
- Establish a sense of mastery and confidence in their caregiving

Registration Contact:

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