



A special program for families caring for someone with memory loss.

JOIN US FOR OUR UPCOMING FALL 2011 AND WINTER 2012 CLASS SESSIONS

Creating Confident Caregivers utilizes the Savvy Caregiver Program, a university-tested program for family member caring for a loved one with memory loss or showing signs of dementia. Three-hour sessions are held once a week for four weeks, at no charge to participants. The program provides participants with information, skills, and attitudes to help them effectively manage stress and increase their caregiving skills.

As part of this special grant-funded program, respite care for your family member is provided free of charge so you may attend all five classes. Lunch and/or refreshments are provided.

Each class builds upon the previous, plan to attend all five classes in the session!

~ St. Joseph County ~

2011 ~ October 5, 12, 19, 26 and follow-up on November 9

All classes held from 12:30pm – 3:30pm

Community Health Agency

1110 Hill Street, **Three Rivers**

2012 ~ February 1, 8, 15, 22, and follow-up March 7

All classes held from 10:00am – 1:00pm

The Garden Room – Maplecrest Plaza (behind Coney Island Pizza)

1503 E. Chicago Road, **Sturgis**

~ Branch County ~

2011/2012 ~ December 7, 14, 21, 28 and follow-up on January 11

All classes held from 2:00pm – 5:00pm

Masonville House

150 Northshore Drive, **Coldwater**

Please Call the Branch-St. Joseph Area Agency on Aging to Pre- Register for Classes!

Toll Free 1-888-615-8009

This program is supported, in part, by the Branch-St. Joseph Area Agency on Aging Region IIIC, the U.S. Administration on Aging through its Alzheimer's Disease Supportive Services program (#90AI0022), the Michigan Office of Services to the Aging, and the Battle Creek VA Medical Center.