

# Are you caring for someone with Dementia? Join the **Free** Savvy Caregiver Program



**This interactive program will help you:**

Develop strategies and master skills to help in your personal caregiving situation.

Find ways to reduce the effects of stress through planning and self-care.

Increase the contented involvement of the person receiving care.

**Join us for the once weekly series of six sessions.**

**LOCATION: River House**

179 Marine Street St. Augustine, FL 32084

**WHEN: Tuesdays, May 10 – June 14, 2022**

**TIME: 1:00 – 3:00 p.m.**

**CONTACT: Northeast Florida AHEC at**

**(904) 482-0189** for registration & information or



**SCAN ME**



Sponsored by Northeast Florida AHEC, ElderSource, and the Florida Department of Elder Affairs