

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 live webinars.

LOCATION: Zoom

Connect using a computer, tablet, or cell phone with a video camera.

Program materials and instructions are mailed to pre-registered participants at no charge.

WHEN: Thursdays, June 23 – July 28, 2022

TIME: 1:00 p.m. - 3:00 p.m.

CONTACT: Northeast Florida AHEC at

(904) 482-0189 or **1-877-784-8486**

Toll Free for registration & information or



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

Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. Programs provided at no charge.

The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.