



CREATING CONFIDENT CAREGIVERS™

A free six-week program for family members caring for a person with dementia and/or memory loss.

LEARN ABOUT:

- Dementia and its effects on the brain
- Caregiver Resources
- Managing Behaviors
- Improving Caregiving Skills
- Handle everyday activities more easily
- Managing Caregiver Stress and Self-Care

DATES: July 28 - September 1, 2020
Every Tuesday for Six-Weeks

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

LOCATION: Roger City Area Senior and Community Center
131 Superior Street
Rogers City, MI 49779



For more information or to register contact 989.358.4616 or mainvilleb@nemcsa.org



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