

Do you care for a family member or friend living with memory loss or dementia?

Registration is open for online Savvy Caregiver class

Participants will learn:

- Facts about dementia
- Dementia caregiving tips
- Coping with the stages of dementia
- Increased confidence and reduced stress!
- And more!



Thursdays 9:30 - 11:30 a.m.

January 14, 21, 28

February 4, 11, 18, 25

Participants will need an email address and computer or tablet with internet access.

Sign-up is easy!

Contact Kristi Ketchum at (503) 220-8262 ext. 58594