



FREE

TRAINING for the FAMILY CAREGIVER

**TAUGHT BY
A REGISTERED
NURSE**

Four FREE family caregiver training opportunities designed to provide safe and effective tools to use when caring for a parent or loved one. Whether you are a seasoned caregiver or planning care for a family member, one or more of the following four classes may be helpful to you.

FAMILY CAREGIVING 101 (THE BASICS) 2PM - 5PM

Monitoring and handling medications, incontinence care, home safety, proper body mechanics to protect yourself against injury, Alzheimer's disease /dementia awareness, handling caregiver stress.

Multiple dates to choose from: Feb. 28, April 25, May 30, July 25, Aug. 29, Oct. 24, Nov. 28 and Dec. 19

CONGESTIVE HEART FAILURE (CHF) 2PM - 5PM

Symptoms, care and medications.

March 28

IN-HOME EQUIPMENT AND SUPPLIES 2PM - 5PM

How to use the many options available today.

June 27

CHRONIC OBSTRUCTIVE PULMANARY DISEASE (COPD) 2PM - 5PM

Care and medication tips.

Sept. 26

SEATING IS LIMITED!

Call today to reserve your seat.



**REGISTER BY
CALLING TED AT:
314-962-2666**



**TRAINING HELD AT:
504 MARSHALL AVE.,
WEBSTER GROVES, MO 63119**



SENIORSHOMECARE.COM