



# TRAINING for the FAMILY CAREGIVER



## FAMILY CAREGIVING 101 (THE BASICS)

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

*Four dates to choose from:*

*March 27 • 2pm - 5pm*

*June 26 • 2pm - 5pm*

*September 25 • 2pm - 5pm*

*December 18 • 2pm - 5pm*

**SEATING IS LIMITED!**



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

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

A FREE family caregiver training class designed to provide safe and effective tools to use when caring for a parent or loved one.

*Taught by a licensed nurse.*