

# Does Someone You Love Have Alzheimer's or Dementia?

## The Savvy Caregiver Free 6-week Program

Whether you provide direct care or supervise the care of a family member or friend, this program can help you to more effectively manage the unique challenges of dementia care and to better care for your own health.



### Six free sessions cover the following:

- Understanding the impact of dementia on both you and the person in your care
- Learning the skills you need to manage daily life
- Taking control and setting goals
- Communicating more effectively
- Strengthening family resources
- Creating stronger partnerships with your care team
- Feeling better about your caregiving
- Taking care of you!

### Join us:

September 21 – October 26, 2019

10a.m. – noon

Kingston Community Library  
2 Library Lane, Kingston, NH 03848

### Instructor:

Anne Marie Olsen-Hayward, LICSW

**Register by phone  
Or online today at....**

**603-324-0110**

Or

**<https://www.annemarieolsenhaywardcounselingandconsulting.com>**

### Sponsored By:

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