

Savvy Express

Free Caregiver Workshop



Helping Alzheimer's Family Caregivers Care with Savvy

The Savvy Express workshop is a free 2-hour class held 3 weeks in a row. This program will help you:

- *Understand Alzheimer's disease & dementia*
- *Learn how to respond to challenging behaviors*
- *Connect with resources in your community*

Friday, May 17, 24, & 31

3-week session, must attend all classes

10:00 a.m. to 12:00 p.m.

To register, please call **Carmen Macias** at **(626) 685-6732**



pasadena Senior Center
85 East Holly Street Pasadena, CA 91103