



SAVVY CAREGIVER TRAINING

Savvy Caregiver programs aim to help those providing care for loved ones living with dementia through relevant knowledge, skills and self-care practices. These programs have been proven to decrease family caregiver distress, burden and depression, while increasing caregivers' sense of competence and confidence in their care role. Join us for an upcoming session.

Fridays, July 11 – August 15, 1 to 3 p.m.

Lehigh Valley Active Life

1633 W. Elm St., Allentown, PA, 18102

For questions or information on future classes,
contact Erika Newhard at 610-807-5713 or erikan@unitedwayglv.org.

This training program will be delivered in two-hour sessions over a six-week period.

Sponsored by:

THE FLEMING FOUNDATION

