

*Are you interested in a more positive caregiving experience?
Sign Up for*

“Creating Confident Caregivers”

*During this **FREE** workshop you will learn strategies to:*

- Reduce Caregiver Stress*
- Improve Caregiver Self-confidence*
- Create a Positive Caregiving Environment*
- Plan daily activities based on your family member’s strengths*

This program is available to individuals who are caring for a family member living at home and has Alzheimer’s disease or any other form of dementia. It has been proven to reduce the stresses of caregiving by providing the tools and information necessary to improve outlook and empower caregivers.

The program meets for two hours, one day a week for six weeks at Golden Horizons Adult Day Care Center. Funding is also available to pay for in-home care during the evening classes (arrangements must be made two weeks in advance for evening care).

*Golden Horizons
1001 Marsac Street
Bay City, MI 48708*

Thursday Evenings: July 11 - August 15, from 6:30 pm - 8:30 pm

*You must register in advance for the classes and the care services.
Please call 892-6644 to register or for more information.
(This program is also available in surrounding counties.)*