

COPING WITH CAREGIVING

ARE YOU A CAREGIVER OF A PERSON WITH MEMORY LOSS OR DEMENTIA?

Coping with Caregiving is a FREE, four session course designed for caregivers to learn how to de-stress and better manage daily life.

LOCATION

ElderCare of Alachua County
5701 NW 34th Blvd
Gainesville, FL 32653

DATE & TIME

Every Thursday from August 15th
to September 5th from 1 - 3 PM

REGISTER NOW!

Website: forms.gle/ZRBd5opmmP7bqE1h9

Email: sparkmana@agingresources.org

