

Savvy Express

Free Caregiver Workshop in West Covina



SAVVY EXPRESS, 3 SESSIONS

Fridays, Jan. 12, 19 & 26, 2018

10:00 am to 12:00 pm

East San Gabriel Valley Japanese Community Center

1203 W. Puente Ave., West Covina, CA 91790

To register, please call (626) 960-2566

FREE classes that help you:

- understand Alzheimer's & dementia
- learn what to do when daily tasks become challenging
- Identify techniques to reduce caregiver stress

For information about other caregiver classes and resources, please call Alzheimer's Greater Los Angeles at 844-435-7259.