



# FREE

## Family Caregiver Education & Respite Care Program

Caregivers of loved ones with dementia are eligible to participate in a 12-week program that provides **FREE** classes for caregivers & **FREE** respite care for loved ones.

- Information about dementia
- How to care for your loved one with dementia
- How to care for yourself as a caregiver
- Activities that you can do with your loved one
- An opportunity to practice what you've learned outside of the classroom

All onsite classes & respite care will be held from  
10:00 a.m. - 2:00 p.m. at:  
Glenner's Town Square®  
2765 Main St. | Ste A | Chula Vista, CA 91911

Onsite Caregiver Classes		Offsite Self-Care Opportunities	
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7/30/19	9/17/19	8/13/19	9/24/19
8/6/19	10/1/19	8/27/19	10/8/19
8/20/19	10/15/19	9/10/19	
9/3/19			



At Town Square®, we focus on what people CAN do.

By getting to know each person & understanding the deficits & the intact abilities associated with dementia, we create a supportive program through our environmental design & meaningful, purposeful activities.

This program was made possible by a grant from:



FOR MORE INFORMATION, CONTACT MINDY BAKER, DIRECTOR OF EDUCATION AT: MBAKER@GLENNER.ORG OR AT 619-543-4700.