

# Savvy... Express



## Helping Alzheimer's Family Caregivers Care *with Savvy*

### 3 FREE sessions that help you:

- understand Alzheimer's & dementia
- learn what to do when routine tasks become challenging
- recognize the importance of taking care of you
- connect with resources in your community

**Wednesdays: January 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> 2019**

(All Sessions Required)

**4:00 to 6:00pm**

### **Silverado Beach Cities**

514 North Prospect Ave.  
Redondo Beach, CA 90277

**To register contact:** Carol Hahn, MSN, RN - 310.612.9064 or  
CarolHahnRN@earthlink.net

A Program



24/7 844.HELP.ALZ    alzgla.org

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