

# More Than 22 Million Families are Caring for a Loved One at Home.

Offer a Helping Hand with **Family Caregiving** – NEW from the American Red Cross!



*This **FREE** course is designed to provide answers to caregivers on the following topics:*

Home Safety  
Handling Personal Care  
Medication Precautions  
Dealing with Emotional Issues including  
Alzheimer's Disease & Dementia  
Avoiding Caregiver Burnout.

Participants will leave with important resources and answers on where to go for help and information.

Caring for a parent, spouse or elderly friend in a home setting – including ensuring a safe environment and providing even the most basic care – can be overwhelming.

We can help! Join us for...

## **“A Crash Course in Family Caregiving of Seniors”**

**Wednesday, February 24  
7:00 PM to 9:00 PM**

**Center for Spiritual Living  
32261 Camino Capistrano, Ste D-105  
San Juan Capistrano, CA 926752**

**This is a free event. Open to the public.**

Refreshments provided.

Please **RSVP (949) 493-2534 by February 22<sup>nd</sup>** due to limited seating.



*Together, we can save a life*