



Caregiver Training Classes

**May 16, June 20, July 25, Aug 22, Sept. 19,
Oct. 24, Nov. 14, Dec. 19**

For family members and caregivers caring for loved ones at home that need extra support and teaching on how to provide the best care at home. Topics include safe transfers, fall prevention, pain management techniques, help for trouble breathing, bathing and incontinence care, managing anxiety and sadness, and other topics.

Classes are free, held monthly, and are open to the public. Space is limited. Classes are cancelled if there are no registrants. For more information or to sign up for the classes, call 815-732-2499.

