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989.732.1122 ✧ [www.OtsegoCountyCOA.org](http://www.OtsegoCountyCOA.org)



*Presents...*



**CREATING CONFIDENT CAREGIVERS™  
SIX-WEEK CLASS WORKSHOPS**

**ARE YOU CARING FOR A  
FAMILY MEMBER  
WITH MEMORY LOSS?**

- Have you started to have difficulty communicating with your family member?
- Are you frustrated with his/her inability to do simple things?
- Have you noticed changes in your family member's mood or personality?
- Does your family member exhibit decreased judgement?

**IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS,  
THE CREATING CONFIDENT CAREGIVERS WORKSHOP WILL HELP!**

**LEARN ABOUT:**

- Dementia and its effect on the brain
- Caregiver resources
- Managing behaviors
- Improving caregiver skills
- How to handle everyday activities more easily
- Taking care of yourself to better care for your loved one

**SIX-WEEK CLASS WORKSHOPS OFFERED**

*Tuesdays, January 30 - March 6, 2018*

*Tuesdays, April 24 - May 29, 2018*

*Tuesdays, August 14 - September 18, 2018*

Otsego Memorial Hospital • Medical Professional Building  
6:00 to 8:00pm

**FREE RESPITE CARE OFFERED DURING CLASS**

*For more information and to register*

Please call the Otsego County Commission on Aging at

**989.732.1122**

This program is supported in part by the US Administration on Aging through the Michigan Office of Services to the Aging and the Region 9 Area Agency on Aging.