

SAVVY EXPRESS

Free Virtual Caregiver Workshops



Savvy Express is a 3 week program specially designed to benefit someone providing care for an individual living with dementia by providing more understanding and tools to help navigate the journey.

FREE sessions will help attendees:

- Obtain a better understanding of Alzheimer's & dementia
- Recognize & develop self-care strategies
- Identify resources that can help with managing care
- Learn how to address challenging behaviors & obtain skills to help keep a manageable routine

To register, contact Sara Mikael by Nov 1st: 323.451.2699 • smikael@alzla.org

Classes are small-group format & held virtually for 3 consecutive weeks. Computer with internet access required.

Co-Hosted by OPICA Adult Day Program & Counseling Center and Beach Cities Health District.



To find other classes & resources, call us at 844.HELP.ALZ (844-435-7259)