



Alzheimer's  
Resource  
of Alaska



# Savvy Caregiver

6-week webinar, meeting every Wednesday

**Wednesday, September 15**

**Wednesday, October 20**

5:30 PM - 7:30 PM

**To register or for more  
information contact:**

**Amber Smith**

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*Screening & Pre-Registration  
required. Availability is limited.*

Savvy Caregiver is a 6-week class for family members caring for a relative living with Alzheimer's disease or related dementias.

This course focuses on improving the practice of caregiving by providing a thorough overview of Alzheimer's disease and related dementias, as well as discussions about decision making and the emotions you may face throughout this journey. Savvy Caregiver provides caregivers with the skills and knowledge they need to provide the highest level of care for their loved ones, as well as for themselves.