Huntington Health | An Affiliate of Cedars Sinai

Huntington Senior Care Network presents:

Taking care of you: Powerful tools for caregivers

Fridays, October 7 – November 11, 2022
10 to 11:30 a.m.

This program is a six-week series, 90 minutes each Friday morning.

This class is to help family caregivers take care of themselves while caring for an older relative or friend. You will benefit from this class whether you are helping a parent, spouse or friend, someone who lives at home, in a nursing home or across the country.

- Help reduce stress
- Take care of yourself
- Make tough decisions
- Reduce guilt, anger and depression
- Help to relax
- Set goals and problem-solve
- Build communication skills

This class has moved to a virtual Zoom platform in response to the COVID-19 pandemic. Advance registration is required as class size is limited. A book is available for purchase for the class as are scholarships to help cover the cost. For more information and to register, please contact Huntington Senior Care Network at (626) 397-8145.