

SAVVY CAREGIVER 6 WEEK PROGRAM

TUESDAYS

SEPTEMBER 2ND-OCTOBER 21ST

10:00-12:00

WESLEY PINES RETIREMENT COMMUNITY
RUBY DOUG MCMILLAN FELLOWSHIP CENTER
1000 WESLEY PINES RD.
LUMBERTON, NC 28358

PROGRAM BENEFITS

- ✓ Learn new techniques
- ✓ Reduce stress
- ✓ Improve communication
- ✓ Identify resources
- ✓ Connect with other caregivers

This program is open to
all family caregivers at
no cost!

Register by September 1st

+910-775-9779

lrcog.org



Area Agency on Aging

Wesley Pines

A rich tradition, a warm welcome