

50+ ACTIVE LIFESTYLES

Chesterfield County Parks and Recreation
Huguenot Road Baptist Church
10525 W. Huguenot Road
North Chesterfield, VA 23235

Caregiver Training with Senior Connections

Senior Connections, the Capital Area Agency on Aging will provide the *Caring for You, Caring for Me* Program to Professional and/or Family Caregivers who are providing ongoing support and assistance to another person. This five-week program is divided into 2 hours and 15-minute sessions per week and covers the following strategies:

- ◇ Effective coping with caregiver stress and strain.
- ◇ Ways to access available resources.
- ◇ How to work in partnership with the care receiver.
- ◇ Sharing common concerns with other caregivers.
- ◇ Best practices related to behavioral issues.

Join us for this informative course that will lead you through the steps to a successful caregiving experience!



Mondays, Nov. 15-Dec. 13
11-1:15 p.m. * Free Course #39457

TO REGISTER:

**Please Call 804-748-1623 or
go online to chesterfield.gov/parks
and click Register NOW.**



**November is National
Caregivers Month!
Let's rally around the
caregivers we know in our
lives and give them the
support they need!**

For details or more information, please call Susan Miller 804-212-8815



Providing a FIRST CHOICE community through excellence in public service
Chesterfield County Parks and Recreation,
P.O. Box 40, Chesterfield, VA 23832
804-748-1623
www.chesterfield.gov/activelifestyles/

