

Family Caregiver Program

The **FREE** six-week Family Caregiver Program provides the skills and knowledge to give safe care to loved ones aged 60 and older in their home setting. Topics to be covered include bathing, grooming, nutrition and caregiver stress management.

Respite care and transportation are available.

Program Dates:

Wednesdays,
June 15 to July 20, 2011

6 to 9 p.m.

Training Lab, First Floor
12 Alfred Street
Baldwin Park I, Woburn

For more information, contact
Cathy Wrotny RN, MS, CS at
781-756-7251.



Funded by a Tufts Health
Plan Foundation grant.

