

ESSENTIAL TOOLS FOR CAREGIVERS OF THOSE WITH DEMENTIA

FREE ZOOM CLASSES

Mondays 10:00 a.m. to noon

- **February 15: Caring for the Caregiver**
- **February 22: Community Resources**
- **March 8: Eldercare Options**
- **March 15: Legal and Financial Planning**

**To register for one or more classes
call (530) 648-0592 or register online at
[www.supportsierranevada.org/
caregiverempowerment](http://www.supportsierranevada.org/caregiverempowerment)**

**Respite funds are available to care for
your loved one during classes.
Technical assistance with Zoom is available.**

**The Alzheimer's Outreach Program (AOP) is a joint program of
Sierra Nevada Memorial Hospital and
Sierra Nevada Memorial Hospital Foundation**