



Are you **Prepared** to Care for a Loved One with Dementia?

JOIN A SAVVY CAREGIVER CLASS

About the Program

The Savvy Caregiver Program is an evidence-based training program designed to support informal (unpaid) or family caregivers of individuals aged 60+ with Alzheimer's disease or other dementias. It provides caregivers with practical skills, strategies, and knowledge to manage daily caregiving challenges and enhance their loved one's quality of life. The program also emphasizes self-care and stress management to achieve more contented involvement between the caregiver and the careperson. The 6-week program is offered FREE to residents (18+) of Pinellas and Pasco County through the Area Agency on Aging of Pasco-Pinellas, Inc.

Location

Area Agency on Aging of Pasco-Pinellas
9549 Koger Blvd. N. Suite 100
St. Petersburg, FL 33702
Conference Room

Date & Time

Dates: August 27 - October 1, 2026
Day: Thursdays
Time: 4:30p-6:30p

How Do I Register?

📞 727-570-9696 EXT.163

✉️ HEALTHANDWELLNESS@AAAPP.ORG



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