

The **Alzheimer's Association**, in partnership  
with **Sequoia Senior Solutions**, presents

# caregiver skills course

This four-hour program teaches family caregivers hands-on skills for caregiving at home. Certified nursing staff will discuss adapting your home for safety, bathing and grooming techniques, incontinence care and toileting, transfer skills and more.

**Two consecutive Fridays,  
March 12 & 19, 2010  
10:00 am to 12:00 noon**

**Sequoia Senior Solutions  
191 Lynch Creek Way  
Suite 102  
Petaluma**

To register for this free program, call the  
Alzheimer's Association at 707.573.1210.



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alzheimer's  association™

the compassion to care, the leadership to conquer