

“Do you help to care for a family member or friend who is frail, disabled, has a chronic illness or cognitive impairment?”

Then it's back to school for you!”



# Caregiver College

**Caregiver College** is a FREE class for learning and sharing, and conducted by experts on topics that include: caregiver self-care, incontinence care / toileting, nutrition, bathing / hygiene / grooming / dressing, transfer skills, and dental care.

A catered lunch is included. Pre-registration is required.

Unfortunately, we are unable to accommodate professional caregivers at this event.

**When:** Saturday, June 17, 2017

9 a.m. to 3 p.m.

**Where:** Marina Event Center

200 Marina Boulevard

Pittsburg 94565

**Register Online:** [bit.ly/FCAPittsburg](http://bit.ly/FCAPittsburg)

Respite scholarships are available.

For information, contact Calvin Hu, (415) 434-3388, [chu@caregiver.org](mailto:chu@caregiver.org).



**Family Caregiver Alliance** supports and assists caregivers of adults with chronic or disabling health conditions regardless of race, ancestry, national origin, creed, gender, gender identity, religion, sexual orientation, disability, income, or age. FCA is part of California's statewide system of nonprofit Caregiver Resource Centers, offering information, education, publications, care planning, legal/financial consultations, and respite assistance. For more information about FCA, call (800) 445-8106 or visit [www.caregiver.org](http://www.caregiver.org).

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