



FOR IMMEDIATE RELEASE
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Free Four-Session Education Series Offered for Family Caregivers

PITTSBURGH – The Allegheny County Department of Human Services Area Agency on Aging (AAA) is offering a free education series for caregivers of older adults. This series is for nonprofessional caregivers and is designed to help them gain an understanding of how to provide care for a loved one.

The four-session series will run throughout May and early June at the AAA offices, 2100 Wharton Street, Pittsburgh, second floor. All sessions are from 10 a.m. to 12:30 p.m. Participants will receive information booklets on all topics covered. Registration is required and space is limited. Caregivers may sign up for one session or multiple sessions.

The following is a list of training dates and topics:

Wednesday, May 4

Topics: Caring for the caregiver and assisting with personal care

Wednesday, May 18

Topics: General caregiving skills and positioning and helping your loved one move

Wednesday, May 25

Topics: Home safety and caring for a loved one with Alzheimer's disease or Dementia

Wednesday, June 1

Topics: Legal and financial issues and healthy eating

For more information or to register, call 412-350-4996.

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