



FOR IMMEDIATE RELEASE
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Free Family Caregiver Education Series Offered by Area Agency on Aging

PITTSBURGH – The Allegheny County Department of Human Services Area Agency on Aging (AAA) is offering a free education series for family caregivers of older adults, younger adults and children with disabilities. This series is designed to help nonprofessional caregivers learn how to take care of themselves while caring for a relative or friend.

Classes meet on Wednesdays starting September 7 through October 12 at the AAA offices, 2100 Wharton Street, Pittsburgh, second floor. All sessions are from 10 a.m. to noon. Registration is required and space is limited.

The series will provide family caregivers tools to:

- Help reduce stress and relax
- Take care of yourself
- Reduce guilt, anger and depression
- Communicate effectively with other family members, doctors and paid help
- Make set goals, problem-solve and make tough decisions

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

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