

Every voice.
Every possibility.
Every day.



CAREGIVER CLASSES

Especially Helpful for Caregivers and Those Supporting Loved Ones

HOW WE WORK

We provide **informative** classes for seniors, caregivers, and those who support them.

Our sessions provide practical tools, trusted resources, and guidance to support healthy aging and caregiving at every stage.

These classes are designed for seniors and older adults, family caregivers, community and faith-based groups, employers and service providers, and healthcare and human service professionals.

Let's Schedule a Class

Classes are available upon request. We will work with you to schedule a date, time, and format that best meets your needs.

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CLASSES OFFERED

Stay Sharp

Brain Health for Everyday Life

Caregiving 101

Your Caregiver Journey

Caregiving for the Holidays

Seasonal Support for Caregivers

Road Map to Downsizing

A Guide for Seniors & Caregivers Downsizing

Dementia Friends

Creating Dementia-Friendly Businesses & Communities

Dementia: Now What?

Understanding the Next Steps

Financial Planning for Caregivers

Legal and Financial Resources

Healthy Eating for Seniors

Nutrition for Aging Well

Healthy Caregiving

Caring for Yourself While Caring for Others

The Caregiver's Guide to Home Safety

Fall Prevention & Aging at Home

Understanding Care Options

Home Health, Long-Term Care & Hospice

Caregiving for Veterans

Resources & Support