

Are you a caregiver *STRESSED*

and looking for answers?

Don't miss



American Red Cross

presents

**FREE
CAREGIVING
WORKSHOPS**

October 26—6pm-7:30pm

Learn about:

- **Caregiving Skills**
- **Healthy Eating**

November 16—6pm-7:30pm

Topics include:

- * **Personal Care**
- * **Dementia**

*Workshops held at 29 S Stockwell
Road; Evansville, IN*

**Call 471-7200 to
make your
reservation and don't
forget . . .
to bring a friend!**

Southwestern Indiana Chapter

29 S Stockwell Road
Evansville, IN 47714
Phone: 812-471-7200
FAX: 812-471-7210

Website: www.evansvilleredcross.org



**American
Red Cross**

Help Us Be There For You

