



FOR IMMEDIATE RELEASE
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Free Education Series for Family Caregivers

PITTSBURGH – The Allegheny County Department of Human Services Area Agency on Aging (AAA) is offering a series of free family caregiver trainings for caregivers of older adults.

The series will run once a month, August, September and October, at the AAA offices, 2100 Wharton Street, Pittsburgh, second floor. Participants will receive information booklets on all topics covered. Registration is required. Caregivers may sign up for one session or multiple sessions.

The following is a list of training dates and topics:

Tuesday, August 26 from 10 a.m. to noon

Topics covered:

- Assisting with Personal Care and Positioning
- Helping Your Loved One Move.

Tuesday, September 23 from 10 a.m. to noon

Topics covered:

- Healthy Eating
- Caring for the Caregiver

Friday, October 17 from 10 a.m. to noon

Topics covered:

- Legal and Financial Issues
- Caring for a Loved One with Alzheimer's Disease or Dementia

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

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