

# FREE FAMILY AND FRIEND CAREGIVER SKILLS TRAINING

DEMENTIA FRIENDLY PRINCE GEORGE'S COUNTY - NORTH SECTOR

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DFAi—North County has partnered with United Medical Care to offer a free training program for family members that currently take care of elderly or disabled family members, neighbors or friends

The training will be lead by an RN and will consist of training in proper techniques for:

- ◆ bathing assistance,
- ◆ dressing/undressing assistance,
- ◆ ambulation/transferring assistance, and
- ◆ checking vitals.

The attendees will then go to their designated tables and apply their new skill under the supervision of the instructor.

**Monday, May 21, 2018**

Greenbelt Community Center  
15 Crescent Road,  
Greenbelt, MD 20770  
Multipurpose Room—2nd floor

- Session 1—9:30-12:30 pm
- Session 2—1:00-4:00 pm



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**REGISTRATION IS REQUIRED:**

Please call Meryam Kahn to register at 240-542-2033.  
Registration closes Tuesday, May 8, 2018.