



Thursday, July 26, 2018: The Healing Power of Proper Rest

Sleep habits are important at any age, but especially as we get older. Proper sleep helps us with our mood, problem-solving, learning and control of our emotions. Sleep also helps heal our bodies, including our hearts, brains and blood vessels. Sufficient sleep also affects our metabolism, insulin levels and balance. Come learn from Dr. Margaret (Moen) Rabish on how we can improve our sleep and our lives.

Tuesday, August 14, 2018: Making it Easier - Millage Services Available to Assist You

The Kent County Senior Millage is dedicated to keeping older adults in their homes while maintaining independence. This class will explore more in depth the Kent County Senior Service Directory, and speak with some of the partners on how these services have impacted the lives of their participants.

Thursday, September 27, 2018: Elder Law - Understanding the Importance of Advanced Planning

Do you have an advanced directive, durable medical power of attorney, will or other documents prepared? Have you been putting off the conversation because you don't know where to start? Come listen to an elder law attorney and caregiver expert explain what each document is, why you need them and how to get them ready for you or your loved one.



Caregiving can be both rewarding and challenging.

Many times individuals are thrown into this role with no training and, often, no support.

Family Caregiver University provides practical education and support to caregivers in West Michigan, one class at a time.

Sign up for one or more classes listed below!

All classes are taught by community experts and are open to individuals providing care to their family members.

CLASS DETAILS:

\$5 suggested fee per class (payable at the door)

ALL CLASSES HELD:

1 :00 p.m. to 3:00 p.m. at



Area Agency on Aging of Western Michigan
3215 Eaglecrest Drive NE
Grand Rapids, MI 49525

QUESTIONS AND MORE

INFORMATION ABOUT SPECIFIC CLASSES:

616-222-7032

www.familycaregiveruniversity.org

REGISTRATION REQUIRED:

Call 616-222-7032

Email: Registration@aaawm.org

(registration not complete until confirmation message received)

SPONSORS





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2018 Class Schedule

Winter Semester



- Thursday, January 25, 2018: Developing Resilience: Tools for Caregivers in the New Year
Thursday, February 22, 2018: Personal Health Advocacy: Communicating with Our Health Providers
Wednesday, March 7, 2018: Trauma Informed Care: How to Care for People Who Have Experienced Trauma

Spring Semester



- Thursday, April 26, 2018: Community Resources A to Z (Part 1)
Tuesday, May 22, 2018: Community Resources A to Z (Part 2)
Wednesday, June 6, 2018: Dementia: What One Needs to Know to Care for the One They Love

Summer Semester



- Thursday, July 26, 2018: The Healing Power of Proper Rest
Tuesday, August 14, 2018: Making it Easier - Millage Services Available to Assist You
Thursday, September 27, 2018: Elder Law

Fall Semester



- Friday, October 26, 2018: Stress, Holidays and Depression: Tips for Coping All Year Around
Thursday, November 29, 2018: Hope and Healing After Loss
Tuesday, December 04, 2018: Emotional Intelligence: Recognizing Emotions and Learning How to Understand Them