

TRAINING / EDUCATION OPPORTUNITIES

(sample of offerings)

- **Matter of Balance**, an eight-week exercise-based program to prevent falls.
- **Living Well** - a six-week workshop to help people learn to manage chronic health conditions. In 2015 there are three specific variations: Living Well, Diabetes Living Well and Living Well with Chronic Pain workshops.
- **Powerful Tools for Caregivers** is a six-week class that teaches family caregivers how to be more effective caregivers, how to care for themselves while providing care, and how to deal with difficult behaviors.

★ **The Complete Listing for local Training and Events – visit:**
www.snocare.org – Community Calendar
www.alzwa.org – Chapter calendar

- **Caregiver Skills Training** is offered at low to no cost to unpaid family caregivers by **Sunrise Services, Inc.** Sunrise's trained staff offer multiple classes on providing direct care and on specific conditions and health issues. Self-study courses are also available. The list of upcoming trainings and related information can be found at the Sunrise Services website: www.sunrisecommunityliving.com . Or, call (425) 212-4210. Be sure you tell them that you are an unpaid family caregiver; you'd like to attend a specific training; and, you'd want to know if there space available.