

# CONFIDENT CAREGIVER CIRCLE

A 4-week series for family caregivers to learn or refresh skills. We'll discuss: self-care, communication, managing emotions, planning for the future, anticipatory grief and more. Bonus time for questions and sharing.

- **WHEN:** Tuesdays, February 4, 11, 18, 25, 2025, from 10 - 11 a.m.
- **WHERE:** Bridgewater Retirement Community, Bridgewater, Va.

Brought to you by your local experts in aging!

To register, call 540-615-5341 or scan below.  
No cost. Caregivers of all ages welcome.

