

# FREE Family Caregiver Classes



- March 24**      **Nutrition for our Golden Agers**  
*Isabeau Camp, RD*
- April 14**      **Medical Issues - Prevention and Treatment of: Pneumonia, UTI, Sepsis, Constipation, C-Diff and When to Call 911**  
*Shannon Jackson, RN and Mindy True, IPS*
- May 12**      **Building Brain-Healthy Habits**  
*Meredith Plant, Program Manager, Alzheimer's Association- Greater Kentucky and Southern Indiana Chapter*
- June 2**      **Skin/Wound Care- Diabetic Ulcers, Caring for Thin/Compromised Skin, Prevention and Treatment of Bed Sores, and Caring for Skin Tears and Minor Wounds**  
*Staci Bhalodi, PA-C and Ann VanZyl, RN*
- June 23**      **Elder Care Law- Family Legal Responsibilities, Protecting Assets**  
*Kari Williams, Attorney, Frankfort Elder Law*
- July 14**      **Mom's Doctor is Recommending Hospice. What Happens Now?**  
*Renda Thomas, RN. Bluegrass Care Navigators*
- August 4**      **How can an End of Life Doula Help in the Last Years to Moments of Life?**  
*Kathy Wood, Living Whole, LLC*
- August 25**      **Chair Yoga: Guide your Loved One Safely- and Give Yourself the Gift of Movement Too**  
*Carrie Davidson, Ed.D, ACSM EP-C, C-IAYT, Owner of Elemental Yoga and Wellness*
- September 15**      **Caregiver Self-Care, Boundaries, Balance, Guilt**  
*Senior Life Solutions, Kelly Holland, RN*
- October 6**      **Medications and the Elderly- Unexpected Side effects, What Can Help with Sleep, Constipation, Chronic Watery/Runny Nose**  
*Alexis Dale, RPh*
- October 27**      **Home Safety**  
*Kerry Churchill, MSN, RN, EDAC, Owner of HBH Adventures*



Scan to register

## Time & Location

6 pm - 7pm

Centerpoint Health- Versailles  
2nd Floor Conference Room  
360 Amsden Ave.  
Versailles, KY



Centerpoint Health



LIVING WHOLE, LLC  
Transition Coaching