



DAVIS COUNTY HEALTH DEPARTMENT

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For Immediate Release:
Tuesday, January 13, 2012
DCHD NR 2012-001

News Release

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Caregiver Educational Classes Offered In Davis County

(Clearfield, Utah) – Davis County Health Department’s Family Caregiver Support Program is offering an eight-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

Presenters will discuss various topics such as osteoporosis, Alzheimer’s and dementia, respite care, and nutrition.

The one hour classes will be offered on Tuesdays starting Jan. 10 at Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at noon or Fridays starting Jan. 13 at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. The class series ends Tuesday, Feb. 28, or Friday, March 2. A complimentary lunch is provided but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

For more information or to RSVP for lunch, contact Megan Forbush at (801) 525-5088.

Davis County Health Department’s Senior Services thanks the following agencies for helping to sponsor these classes: Legacy Village, Golden Years Senior Activity Center, South Davis Home Health and Hospice, Apple Village Assisted Living Center, Apple Tree Assisted Living Center, Legacy HealthCare and Hospice, Do It For You, Life Care Center of Bountiful, HCNU Hospice, Legacy House of Bountiful, and Hospice for Utah.

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Caregiver classes scheduled at the Legacy Village, Layton:

Date	Topic	Presenter
Tuesday, Jan. 10, noon	I've got a bone to pick with you! (Osteoporosis)	Lee Clark – Legacy HealthCare and Hospice
Tuesday, Jan. 17, noon	How to Create a Positive New Year	Richard Smart – Do It For You
Tuesday, Jan. 24, noon	Alzheimer's and Dementia	Beth Lewis – Life Care Center of Bountiful
Tuesday, Jan. 31, noon	When to Say Enough is Enough	Eileen Wood – HCNU Hospice
Tuesday, Feb. 7, noon	Matters of the Heart	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Tuesday, Feb. 14, noon	Respite Care	Deanna Seager – Legacy House of Bountiful
Tuesday, Feb. 21, noon	Creating a Circle of Caring	Shelly Nettesheim – Apple Village and Apple Tree
Tuesday, Feb. 28, noon	Nutrition	Ashley Anderson – Hospice for Utah

Caregiver classes scheduled at the Golden Years Senior Activity Center, Bountiful:

Date	Topic	Presenter
Friday, Jan. 13, 11:30 a.m.	I've got a bone to pick with you! (Osteoporosis)	Lee Clark – Legacy HealthCare and Hospice
Friday, Jan. 20, 11:30 a.m.	How to Create a Positive New Year	Richard Smart – Do It For You
Friday, Jan. 27, 11:30 a.m.	Alzheimer's and Dementia	Beth Lewis – Life Care Center of Bountiful
Friday, Feb. 3, 11:30 a.m.	When to Say Enough is Enough	Eileen Wood – HCNU Hospice
Friday, Feb. 10, 11:30 a.m.	Matters of the Heart	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Friday, Feb. 17, 11:30 a.m.	Respite Care	Deanna Seager – Legacy House of Bountiful
Friday, Feb. 24, 11:30 a.m.	Creating a Circle of Caring	Shelly Nettesheim – Apple Village and Apple Tree
Friday, March 2, 11:30 a.m.	Nutrition	Ashley Anderson – Hospice for Utah

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