



Berkshire
AHEC

Area Health Education Center
Pittsfield, Massachusetts

In-Home Care Training for Caregivers

Are You a Family Caregiver?

Please join us for a Free six-hour training
to Help you care for your loved one at home.

Topics include:

- Personal Care
(bathing, dressing, toileting, feeding and oral care)
- Help with Activities of Daily Living
- Safety Concerns
- Socialization

Training offered in:

Central, South & North County

Registration: 8:30 – 9 a.m. / Training 9 – 4:00 p.m.

Hour lunch break: Noon - 1:00 p.m.

Central County: Monday, June 8, 2015

Elder Services of the Berkshires

877 South Street, # 4e, Pittsfield, MA

South County: Wednesday, June 10, 2015

Community Health Programs (CHP)

444 Stockbridge Road, Gt. Barrington, MA

North County: Thursday, June 11, 2015

Berkshire Family and Individual Resources (BFAIR)

771 Church Street, North Adams, MA

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**To register for one of the three trainings,
call Berkshire AHEC @ 447-2417**