**CAREGIVER TRAINING WORKSHOP SERIES**

**Mount Zion Baptist Church and Caregiver Connect will be partnering with R.O.S. Therapy Services, LLC to offer a series of training sessions for caregivers. These sessions will train caregivers in the following areas:**

1. **Basic Activities of Daily Living strategies**

* **Grooming**
* **Bathing**
* **Eating**
* **Dressing**

1. **Other valuable Caregiving Basics**

* **Communication and Engagement Strategies**
* **Social Routines, Planning and Execution**
* **Following Medical Instructions and Care Plans**

**The training sessions will be held on the following dates and times at Mount Zion:**

**Thursday, May 19, 2016 10:00am-12:00pm**

**Thursday June 2, 2016 10:00am-12:00pm**

**Thursday June 16, 2016 10:00am-12:00pm**

**Thursday June 30, 2016 10:00am-12:00pm**

To register for this training contact April Franklin at [franklina@mtzbc.com](mailto:franklina@mtzbc.com) or 336-373-4248.

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