

## Putnam County Aging Program, Inc.

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Serving the Aged and Disabled since 1975

Executive Director  
Jenni Sutherland, LSW

### For immediate release

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### **Caring for the Caregiver Workshop**

Family and professional caregivers alike invited for workshop at local senior centers

**SAINT ALBANS, WV** – July 22, 2016 – Putnam County Aging Program will be hosting four sessions of ‘Care for the Caregiver’, workshops for caregivers. The class will cover caregiving basics including expert tips that make caregiving safer and easier, information on planning ahead so caregivers can have control even in a crisis, and will inform participants about community resources available to caregivers.

Each workshop consists of four one hour sessions held for 4 consecutive weeks.

The first set of workshops will be held at the John Henson Senior Center in Hurricane, WV beginning August 2<sup>nd</sup> from 10 am – 11 am. The workshop will then run each Tuesday at the same time until August 23<sup>rd</sup>.

The second set of workshops will be held at the Hometown Senior Center starting August 17<sup>th</sup> from 10 am to 11 am, and held every Wednesday until September 7<sup>th</sup>.

The third set of workshops will be held at the Buffalo Senior Center, starting August 30<sup>th</sup> from 9 am – 10 am and being held every Tuesday until September 20<sup>th</sup>.

Anyone with questions or to RSVP should call Karen Johnson, Older Americans Act Director with Putnam County Aging Program at (304) 755-2385 x1125.

Putnam County Aging Program is a nonprofit organization serving the aged and disabled of central West Virginia. The agency has been providing services including in home care, nutrition, transportation, and more to seniors in communities across central West Virginia for over 35 years.

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For more information about this topic, please call Jacob Duchaine at (304) 755-2385 ext 1126 or email JDuchaine@PutnamAging.com