

**Free 6 Week Course!**

# Complexities of Caregiving

Join us for a 6-week course with Gerontologist, Dr. Andrea Holzner. She will discuss the complexities of caregiving with special focus on activities of daily living (ADL's). Activities of daily living are skills to maintain daily needs. Such as dressing, toileting, and eating. She will also discuss how to support our loved ones and caregiving from a distance. Bring questions for Dr. Andrea Holzner to answer.

Registration required by Monday, April 18th  
Call 517-546-9910 to Register or Email LeAnn  
at [leann@livingstoncc.org](mailto:leann@livingstoncc.org)

Funded by The Ralph C. Wilson, Jr. Legacy Fund through  
Community Foundation for SE Michigan.

**April 20th**  
**April 27th**  
**May 4th**  
**May 11th**  
**May 18th**  
**May 25th**

**5:00-6:00 PM**  
**Over Zoom**

**Andrea Holzner, PhD**



LIVINGSTON COUNTY  
**CATHOLIC  
CHARITIES**  
HELPING LIVES GROW