

Family Caregiver University

helping caregivers one class at a time



What is FCU?

Family Caregiver University is an opportunity for family caregivers to come together to learn about issues facing older adults, share caregiving experiences and concerns, and build camaraderie with other caregivers. Meetings are held monthly September through May at 3215 Eaglecrest DR NE Grand Rapids, 49525 from 10:00 to 11:00 am.

Mark Your Calendars!

September 4, 2024

October 2, 2024

November 6, 2024

December 4, 2024

January 8, 2025

February 5, 2025

March 5, 2025

April 2, 2025

May 13, 2025

Past Topics Include

- Self-Care for the Caregiver
- Elder Abuse/Scams
- Caring for a Loved One with Dementia
- Community Resources
- Palliative Care
- Holiday Stress
- Communication
- Emergency Preparedness

There is no cost to participate in FCU, although a \$5 donation per class helps provide a quality program



The Source for Seniors

Contact Us



616-456-5664



www.aaawm.org/fcu