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# Cypress HomeCare Solutions TRAINING LAB



The Joan S. Roth Caregiver Training Lab was established in 2005 by the Roth family who found themselves as caregivers for their mother, Joan. The lab has since become a place for Cypress employees to be trained but also a valuable resource for the community. Family caregivers are invited to use the lab, free of charge, to help better prepare themselves for the caregiving journey ahead of them.

## Who Should Attend?

**Anyone caring for someone else!**

- family caregivers
- friends caring for friends
- neighbors caring for neighbors
- adult children with aging parents



## What Will I Learn?

- safe transfers
- safe lifting
- bathing
- dressing
- fall precaution
- dementia care
- and more!

*Call today to sign up for a class or make an appointment!*

602-264-8009 | [cypresshomecare.com](http://cypresshomecare.com)