APTO\'S

Caregiver classes to start Sept. 22

The Santa Cruz County Caregiver Action Group and Cabrillo College Extension present the “Caregiver Training Series,” which starts Sept. 22 at the Cabrillo campus in Aptos. The series covers community resources, managing hygiene and daily activities, avoiding injuries, dementia care, end-of-life needs and how to make caregiving a successful career.

A few openings remain in the classes, which are designed for people caring for relatives and entry-level paid caregivers.

Each class costs $25-$50. The series is $250. A limited number of need-based scholarships are available. To register, go to http://www.cabrillo.edu/services/extension. For information, call 708-8576 or email santacruzcaregiver@gmail.com.