

# ENJOY MORE!! STRESS LESS!!

\*\*Keys to a successful day of caregiving



## A Six part educational series for Caregivers of those with Alzheimer's and dementia

### TWO LOCATIONS TO CHOOSE FROM!

**Newton/Jasper County**  
**Newton County Library**  
**205 S. West St.**  
**Morocco, IN. 47963**

**February 26th, 2019**  
Alzheimer's 101

**March 19th, 2019**  
Take a Deep Breath and Take Care of Yourself

**March 5th, 2019**  
Busy Minds and Hands

**March 26th, 2019**  
Aging in Place vs. Alternative Placement

**March 12th, 2019**  
Creating a Safe Haven

**April 2nd, 2019**  
Keeping it all Legal

**Starke/Pulaski County**  
**Henry F. Schricker Library**  
**152 W. Culver Rd.**  
**Knox, IN. 46534**

**April 4th, 2019**  
Alzheimer's 101

**April 25th, 2019**  
Take a Deep Breath and Take Care of Yourself

**April 11th, 2019**  
Creating a Safe Haven

**May 2nd, 2019**  
Aging in Place vs. Alternative Placement

**April 18th, 2019**  
Busy Minds and Hands

**May 9th, 2019**  
Keeping it all Legal

## Have a Nice Day!!



Wouldn't it be nice to make it through an entire day without a meltdown, a battle of wills, a heaping helping of grief, frustration or the dreaded "burn-out"?

Learn how to understand Alzheimer's and dementia, how to keep your home safe for a loved one and how to make sure you are taking time for yourself.

Discover a great tool for making outings and appointments a fun time together once again.

Talk about the options if living at home is no longer feasible and what the legal processes are for ensuring your loved one is protected.

**RSVP to secure your place in this series:**

**888-303-0180**

**There is no cost to attend**