

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

All classes will be held at
the Parkview YMCA
1305 Mariners Drive
Warsaw, IN
10:00am–11:30am
Thursdays

September 26th, 2019
Alzheimer's 101

October 3rd, 2019
Busy Minds and Hands

October 10th, 2019
Take a Deep Breath and
Take Care of Yourself

October 17th, 2019
Creating a Safe Haven

October 24th, 2019
Aging in Place vs. Alternative
Placement

October 31st, 2019
Keeping it all Legal

No charge to attend

You are cordially invited to attend

This series is all about YOU! The caregiver. Making sure you have the tools you need to succeed as you are caring for your loved one.

- Understand Alzheimer's and Dementia
- Discover a daily "tool box"
- Discuss safe living spaces
- Take time for yourself
- Learn the legal ins and outs
- Explore options for alternate living

Made possible by a grant from



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