

Are you a FAMILY CAREGIVER?



Sign up today for your **FREE** Dealing with Dementia Workshop

DO YOU NEED HELP IN THESE AREAS?

- ◇ Understanding Dementia
- ◇ Managing Problem Behaviors
- ◇ Handling Stress
- ◇ Finding Time for You

DATES:

Sept 10 and 12, 2024

TIMES: Four hours

9:30 to 11:30 AM
Two hours each day
Please attend both days.

PLACE:

Millcreek Senior Center
2266 East Evergreen Avenue
Millcreek, Utah 84109
In the Evergreen Room



Lunch Option

Millcreek Senior Center serves lunch after these sessions (suggested donation of \$4.00). If you wish to reserve a lunch, call the Senior Center at 385-468-3305.

“I wish this guide and training had been available when I was caring for my mother with vascular dementia. Following the suggestions in this guidebook will make a SIGNIFICANT difference for the caregiver and the person receiving care.” ~ Family Caregiver

PRE-REGISTRATION IS REQUIRED.

Sign up at monami.io/calendars/salt-lake-county-aging-adult-services/

Call Kathy at 385-468-3281 for assistance. | *Limited to 15 individuals