

# Are you a FAMILY CAREGIVER?



## DATES:

Aug 13 (Wed) and  
Aug 14 (Thur)

## TIMES:

1:00 to 3:00 PM both days  
(2 hours each day)

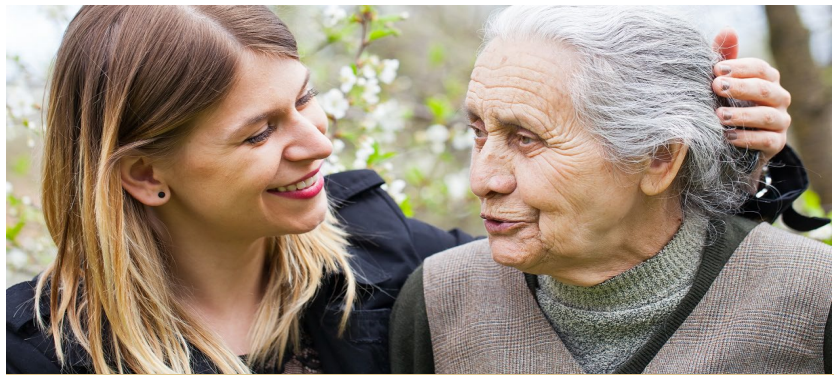
## PLACE:

South Salt Lake Senior Center  
2531 S 400 E, South Salt Lake  
in Co-Op Room 110

## 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



#### Lunch Option

South Salt Lake Senior Center serves lunch before these sessions (suggested donation of \$4.00). Call the Center at 385-468-3340 for more information if you are interested.

"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.

Contact Kathy at 385-468-3281 or [ksnelson@saltlakecounty.gov](mailto:ksnelson@saltlakecounty.gov)  
to sign up. | *\*Limited to 15 individuals*