

Are you a FAMILY CAREGIVER?



DATES:

Oct 14 (Tues) and Oct 15 (Wed)

TIMES: Four hours

1:00 to 3:00 PM each day
Caregivers should attend both days

PLACE:

Holladay Library
2150 E Murray Holladay Rd,
Holladay

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



"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 saltlakecounty.gov/aging-adult-services/calendar/

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

Are you a FAMILY CAREGIVER?



DATES:

Oct 28 (Tues) and Oct 30 (Thurs)

TIMES: Four hours

1:00 to 3:00 PM each day
Caregivers should attend both days

PLACE:

Sandy Senior Center
Room 101A
9310 S 1300 E, Sandy

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

DO YOU NEED HELP IN THESE AREAS?

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Lunch Option

Sandy Senior Center serves lunch between these sessions (suggested donation of \$4.00). Call 385-468-3410 for more information if you are interested.

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