

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
to sign up. | **Limited to 15 individuals*