



ARE YOU CARING FOR A PERSON WITH MEMORY LOSS?

Attend an in-person or a Zoom class to help!

This Dementia Caregiving workshop is 3-session program for those caring for a person with dementia or Alzheimer's. It assists with reducing caregiving stress by providing useful tools and information.

Learn how to:

- Understand basic information about dementia and its impact on brain function
- Communicate more effectively with someone who has dementia
- Recognize stages of dementia
- Provide meaningful daily activities based on your loved one's interests and abilities
- Better understand and address dementia-related behaviors
- create a positive caregiving environment
- Learn strategies and benefits of self-care
- Build your network of support



DEMENTIA CAREGIVING WORKSHOPS

Memorial Healthcare NOW Building

819 N Shiawassee St. Suite 100
Owosso, MI 48867

Tuesdays, January 7- 21, 2025
1:30pm – 3:00pm

To register call – 989-723-1390 and ask for Stacy. This class will be in the Neurology Conference Room.

Via Zoom – Virtual Night Class

Wednesdays, January 8 – 22, 2025
6pm – 7:30pm

To register email Abbie Mars at marsa@valleyaaa.org

Clio Area Senior Center

2136 W Vienna Rd. Clio, MI 48420
Wednesdays, January 29 – February 12, 2025
1:00pm – 2:30pm

To register call – (810) 687-7260

These workshops are available in part through funding from the Older American's Act and Michigan Department of Health & Human Services Bureau of Aging, Community Living, and Supports. For more information, please reach out to Abbie Mars, Health and Wellness Program Manager at Valley Are Area Agency on Aging at (810) 239-7671 Ext. 213.

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