



**Valley Area
Agency On Aging**

Answers, Action & Advocacy
for **All Things Senior**

Presents:

Understanding Mealtime and Behavior Changes in Dementia

Join us for a **FREE** interactive workshop on using effective communication and problem-solving techniques for Mealtime and Behavior Changes in Dementia. Presented by Jeannette Brunetti, Registered Dietician and Jennifer Joyner, Certified Dementia Practitioner from Valley Area Agency on Aging.

January 27th, 2025

12:30pm – 3:00pm

Eastside Senior Center

**Please RSVP by January 21st to
Eastside Senior Center at 810-250-5000**

February 26th, 2025

12:30pm – 3:00pm

Morrice Senior Center

**Please RSVP by February 19th to
Morrice Senior Center at (517) 625-4270**

Lite refreshments and drinks will be provided.

Understanding Mealtime and Behavior Changes you will learn:

- Self-Care for Caregivers
- Cognitive Changes and effective eating and nutrition habits
- Understanding why difficult behaviors occur with Dementia.
- Hands-on Problem-solving techniques for mealtime set up, effective communication and analyzing individual behaviors

Workshops are FREE, led by qualified leaders, and a snack is provided at each session. Paid for funds by the Valley Area Agency on Aging and . Bureau of Aging, Community Living, and Supports. For more information, call Abbie Mars, Health & Wellness Program Manager, VAAA at (810) 600-0633.