

Do you care for a loved one with memory loss or dementia?



“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 BIG difference for the caregiver and the person receiving care.”

~ Family Caregiver



Health Navigating

DO YOU NEED HELP IN THESE AREAS?

- ◇ Understanding Dementia
- ◇ Managing Challenging Behaviors
- ◇ Handling Stress
- ◇ Finding Time for You

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

DATE:

Thursday, Oct 26, 2023

TIME:

10am–2pm

PLACE:

The Memory Hub

1021 Columbia St, Seattle

Free parking available. Participants receive lunch and free copy of caregiver guidebook.

Space is limited to 20 people; Pre-registration is required.

Sign up online: <https://tinyurl.com/CaregiverClass>

Questions: mbecker1@uw.edu, 206-543-2440