



Spring into the Awareness of Dementia!

Celebrating their rich past, by embracing who they are today,
as we encourage them for the journey!

Join us VIRTUALLY on Tuesdays:
May 11th, 18th and 25th | 6:30PM – 8:00PM
As we begin our new series for
our Family Caregivers!

Guest Speaker: Lilly Adrian
The Bridge of Time, LLC.
Memory Care Program Developer,
Trainer and Consultant.
CDP, ADC, CDCM, CADDCT, CALM,
Advanced Grief Facilitator

May 11th: Dementia 101 – How to Recognize the Disease, Stages and Statistics

May 18th: Communication and Validation: Embracing them where they are,
and meeting them at that sweet spot in their lives!

May 25th: How to BREAK AWAY from being a CAREGIVER
and become a FAMILY MEMBER again:

- THE TRANSITION
 - GUILT
 - PEACE

[Register Here](#)

After registering, you will receive a confirmation email
containing information about joining the meeting.

There will be a drawing each evening for ONE person to receive a copy of the wonderful book:
“UNDRESS YOUR STRESS”, authored by Lois Levy

A MUST-READ for anyone who realizes the importance of finding HUMOR in care giving!

