

# Are you a FAMILY CAREGIVER?



## DATES:

Mar 11 (Tues) and  
Mar 12 (Wedn)

## TIMES:

9:30 to 11:30 AM both days  
(2 hours each day)

## PLACE:

Liberty Senior Center  
251 E 700 S, Salt Lake City  
Room #4

## 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

Liberty Senior Center serves lunch after these sessions (suggested donation of \$4.00). Call the Center at 385-468-3170 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.

Sign up at [monami.io/calendars/salt-lake-county-aging-adult-services/](https://monami.io/calendars/salt-lake-county-aging-adult-services/)

Call Kathy at 385-468-3281 for assistance. | *\*Limited to 15 individuals*