

# Are you a FAMILY CAREGIVER?



## DATES:

Feb 11 (Tues) and  
Feb 13 (Thur)

## TIMES:

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

## PLACE:

Magna-Kennecott Senior Ctr  
9228 W 2700 S, Magna  
in the Computer Room

## 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

Magna Senior Center serves lunch after these sessions (suggested donation of \$4.00). Call the Center at 385-468-3000 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