



Dementia 101 CAREGIVER COLLEGE

Have Lunch While Your Learn!

Lunch is provided for all participants and RSVP is required.

Dementia 101

Learn the basics of the most common forms of dementia. Find out what to expect during different states of the disease. Learn what caregivers can do to cope with daily challenges, including communication and safety.

Just 4 Me - Coping as a Caregiver

Learn stress and relaxation techniques, skills for coping with grief, loss and depression, and how to take time for yourself. Get tips and ideas for keeping yourself well while caring for a family member or loved one.

If you need help with care of your loved one to attend classes, contact Della Sanchez at 251-706-4650.

Thursday, January 26, 2023
8:30 a.m. - 2:30 p.m.

Franklin St. Baptist Church
2113 Saint Stephens Road
Mobile, AL 36617



**Dignity and Independence for the Disabled,
Older Adults and Their Caregivers**

Registration Required
Della Sanchez
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