



Town Hall Forum

Living with Alzheimer's and Dementia and Making Each Day Count

***A free educational seminar for family caregivers
featuring Alzheimer's care and medical experts.***

Memory loss resulting from Alzheimer's disease and related dementias has a profound impact on the family. Join us for a morning session with Alzheimer's disease experts and learn how to empower and prepare yourself for your caregiver journey.

When: **Thursday, September 20, 2018**
8:30 am to 11 am
Continental Breakfast: 8:30 am

Where: **Holiday Inn Carlsbad**
2725 Palomar Airport Rd
Carlsbad, CA 92009

Topics: This seminar will provide information about validation therapy and the effectiveness of redirection when caring for someone with dementia. Understand how to cope with guilt. Learn about the warning signs of caregiver burnout and how to care for yourself.

Speakers: **Dan Sewell, MD** - *Professor of Clinical Psychiatry, UCSD*
Todd Shetter - *COO, ActivCare Living*

Cost: This is a free educational event for family caregivers

RSVP: Reservations are required. Call 888-636-5677 or log onto activcareliving.com.



Presented by:


ACTIVCARE®
Residential Memory Care



Southern Caregiver Resource Center
Caring for those who care for others


GEORGE G. GLENNER
ALZHEIMER'S FAMILY CENTERS, INC.®

Free caregiver resources
are available at
ActivCare at Bressi Ranch.
Call (800) 425-2091 to learn more.

*To RSVP, please log onto ActivCareLiving.com
or call ActivCare at 1-888-MEM-LOSS*


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