

# Are you a FAMILY CAREGIVER?



## DATES:

Sep 9 (Tues) and  
Sep 11 (Thurs)

## TIMES:

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

## PLACE:

River's Bend Senior Center  
1300 W 300 N, Salt Lake City  
in the Craft 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

River's Bend Senior Center serves lunch after these sessions (suggested donation of \$4.00). Call the Center at 385-468-3015 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.**

Contact Kathy at 385-468-3281 or [ksnelson@saltlakecounty.gov](mailto:ksnelson@saltlakecounty.gov)  
to sign up. | *\*Limited to 15 individuals*