



# Family Caregiver Workshop

**Wednesday, February 28 | 9am-12:00pm EST**

**Join Us In-Person or Virtually.**

The Family Caregiver Workshop is specialized for family caregivers navigating the dementia journey. Local and statewide experts who specialize in aging and Alzheimer's care will present topics that will provide you with a better understanding of the disease and strategies to help you care for your loved one.

## Topics will include:

- Dementia Education
- Communication Strategies
- Caregiver Support Opportunities
- Understanding Dementia Related Behaviors
- Safety Tips

## Join Us In-Person

UK Sanders Brown Center on Aging  
2199 Harrodsburg Rd, Lexington, KY  
(in-person registration limited)

## Join Us Online

Zoom link will be sent after you register.

Register online at  
<http://tinyurl.com/3s9ezj97>  
or call 859-323-5550.

