



Family Caregiver Workshop

Holiday Edition

Thursday, November 7th | 1pm - 3pm EST

Join us in person or virtually.

The Family Caregiver Workshop is specialized for family caregivers navigating the dementia journey. Join local and statewide experts who will provide you with a better understanding of the disease and strategies to help you care for **yourself and your loved one** especially during the holiday season.

Topics will include:

- Disease Education
- Navigating the Holidays
- Person Centered Care

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



Join us in-person or online

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

Online

zoom link will be sent after you register