***FREE*** Alzheimer’s and dementia awareness and care-giving workshop

Presented by: *Debbie Selsavage, President, Coping with Dementia LLC*

**10:30 to 12:30 p.m. May 9, 2018**

Lake Regions Library

1511 Druid Rd., Inverness, FL 34452

What are “Alzheimer’s” and “dementia?”
What can you expect of this progressive disease?
How can you become a better care-giver?
How do you reduce your own stress?
What are some of the resources available to you?

**Each participant will receive a take-away handout.**



 Coping with Dementia LLC

[www.coping.today](http://www.coping.today)

deb@coping.today

***R.S.V.P Debbie Selsavage 352-422-3663*** *“We All Deserve The Best”*