ABC of Dementia  
a ***FREE*** Alzheimer’s and dementia awareness and care-giving workshop

Presented by Debbie Selsavage, President of Coping with Dementia LLC

**With a special presentation   
by Katrina Butler from Meridien Research**

**10:00 to 12:00 p.m. Feb. 11, 2017**Good Shepherd Lutheran Church

439 E Norvell Bryant Hwy, Hernando, FL

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 handouts.**

  Coping with Dementia LLC

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