



Helping Your Loved One Live Well with Dementia

Inspiration and Insights for Family Care Partners

Are you one of the nearly 1/3 of the workforce serving in a caregiving role for an older family member outside of work?

Are you going home for the holidays? Have you noticed something's not quite right with one of your parents? Now what?

Join us at this virtual Lunch n' Learn for family members striving to care well for loved ones with cognitive decline.

- Find out why counter-intuitive strategies make sense
- Learn about the SPECAL photograph album
- Discover 3 Golden Rules for creating well-being for your loved one living with dementia (and reducing stress for yourself)

Date: Wed, Nov 18th, 2020 or Fri, Nov 20th, 2020

Time: 12 -1:30 pm (MT)

Register at dementiatogether.org/contenteddementia1/ and receive a digital link to attend the online event

Class offered at no charge. Donations are always gratefully accepted to help us continue to sustain and grow our community impact. Presenter: Cyndy Luzinski, Advanced Practice Nurse, Founder of "Dementia Together®," and the only accredited SPECAL® Coach in North America, credentialed through the Contented Dementia Trust in England.

