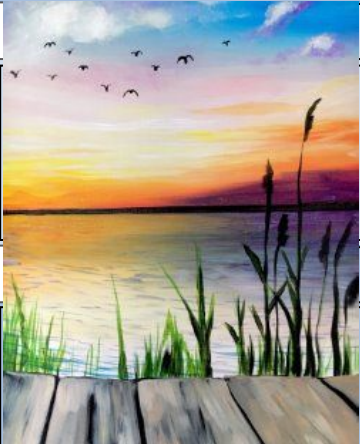
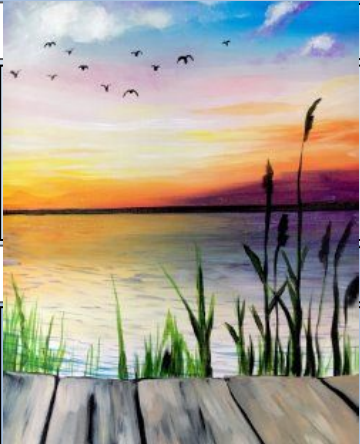




January 2020

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1			1 Wednesday Workshop	2	3
			How to Tell if it's Time to Hire an In-Home Caregiver <i>Watch on our website</i>		
Week 2	6 Monday Mojo for Caregivers	7	8 Wednesday Workshop	9	10
	Stop Trying to be Perfect (You Already Are) <i>Watch on our website</i>		Sustaining a Healthy Brain for All Ages <i>Watch on our website</i>		
Week 3	13 Monday Mojo for Caregivers	14	15 Wednesday Workshop		17 Paint for Fun™
	6 Ways to Create Peace of Mind <i>Watch on our website</i>		Downsizing Tips for Aging Seniors <i>Watch on our website</i>		10:00am-12:00pm In Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
Week 4	20 Monday Mojo for Caregivers	21	22 Wednesday Workshop		24
	How Creativity Heals Us <i>Watch on our website</i>		How to Help a Loved One who is Resistant to Home Care <i>Watch on our website</i>		
Week 5	27 Monday Mojo for Caregivers	28	29 Wednesday Workshop	<p style="text-align: center;"> (561) 588-4545 2328 10th Ave N #600, Lake Worth, FL 33461 www.alzpb.org RSVP for any event by calling (561) 588-4545. </p>	
	You Are Capable of So Much! <i>Watch on our website</i>		Chair Exercises for the Elderly <i>Watch on our website</i>		