




March 2020

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	2 Monday Mojo for Caregivers 5 Reasons to Get Up in the Morning <i>Watch on our Website</i>	3	4 Wednesday Workshop 6 Things to Know About Lewy Body Dementia <i>Watch on our Website</i>	5	6
	9 Monday Mojo for Caregivers How Me Time Can Reduce Your Stress <i>Watch on our Website</i>	10	11 Wednesday Workshop Simplifying Nighttime Caregiving <i>Watch on our Website</i>	12 The Reef for Male Caregivers	13
Week 2	16 Monday Mojo for Caregivers 7 Rules to Making More Happiness <i>Watch on our Website</i>	17	18 Wednesday Workshop 8 Tips When Traveling with a Person with Alzheimer's <i>Watch on our Website</i>	March Painting  20 Paint for Fun 10:00am -12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>	
	23 Monday Mojo for Caregivers 5 Self Care Tips for Caregivers <i>Watch on our Website</i>	24	25 Wednesday Workshop What's the Difference Between a Delusion & a Hallucination? <i>Watch on our Website</i>	27	
Week 3	29 Monday Mojo for Caregivers Maintaining Your Inner Peace <i>Watch on our Website</i>	30	31 Wednesday Workshop What To Do When Your Care Receiver Doesn't Recognize You? <i>Watch on our Website</i>	<p align="center"> (561) 588-4545 2290 10th Ave N #406, Lake Worth, FL 33461 www.alzpb.org RSVP for any event by calling (561) 588-4545. </p>	