



June 2020

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 Monday Mojo for Caregivers	2	3 Wednesday Workshop	4	5
	Improving Your Mental Toughness <i>Watch on our website</i>		Signs that it's Time to Take a Break from Caregiving. <i>Watch on our website</i>		
Week 2	8 Monday Mojo for Caregivers	9	10 Wednesday Workshop	11	12
	3 Ways to Constantly Improve Yourself <i>Watch on our website</i>		Tips on Helping a Loved One Get Dressed <i>Watch on our website</i>		
Week 3	15 Monday Mojo for Caregivers	16	17 Wednesday Workshop	18	19
	Mindfulness for Busy Caregivers <i>Watch on our website</i>		What Is Vascular Dementia? <i>Watch on our website</i>		
Week 4	22 Monday Mojo for Caregivers	23	24 Wednesday Workshop	25	26
	A Quick Survival Guide for Family Caregivers <i>Watch on our website</i>		Summer Safety Tips for People With memory Loss <i>Watch on our website</i>		
Week 5	29	30	31	 <p>(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>	