



# August 2020

## Alzheimer's Care Resource Center: Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	3 <b>Monday Mojo for Caregivers</b>  The Benefits of "Crying it Out" <i>Watch on our website</i>	4	5 <b>Wednesday Workshop</b>  4 Activities for People with Memory Loss <i>Watch on our website</i>	6	7
	10 <b>Monday Mojo for Caregivers</b>  Things to Let Go of to Be Happier <i>Watch on our website</i>	11	12 <b>Wednesday Workshop</b>  ALZHEIMER'S RESEARCH UPDATE WITH DR. MARK GOLDSTEIN OF JEM RESEARCH INSTITUTE <i>Watch on our website</i>	13	14
<b>Week 2</b>	17 <b>Monday Mojo for Caregivers</b>  Why Being Selfish is Okay (sometimes) <i>Watch on our website</i>	18	19 <b>Wednesday Workshop</b>  How to Start Meditating for Caregivers <i>Watch on our website</i>	20	21
	24 <b>Monday Mojo for Caregivers</b>  How to Keep It Together When Everything is Falling Apart <i>Watch on our website</i>	25	26 <b>Wednesday Workshop</b>  What You May Not Know About Dementia <i>Watch on our website</i>	27	28
<b>Week 3</b>	31			<p><b>(561) 588-4545</b></p> <p>2290 10th Ave N #406, Lake Worth, FL 33461</p> <p><a href="http://www.alzpb.org">www.alzpb.org</a></p> <p>RSVP for any event by calling (561) 588-4545.</p>	