



# October 2020

## Alzheimer's Care Resource Center: Caregiver Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	<b>5</b> <b>Monday Mojo for Caregivers</b> Feel Less Stressed in Less than 10 Minutes <i>Watch on our website</i>	<b>6</b>	<b>7</b> <b>Wednesday Workshop</b> How To Encourage Eating for Those with Memory Loss <i>Watch on our website</i>	<b>8</b>	<b>9</b>
	<b>12</b> <b>Monday Mojo for Caregivers</b> Overcoming Low Self-Esteem in Caregiving <i>Watch on our website</i>	<b>13</b>	<b>14</b> <b>Wednesday Workshop</b> Successful Bathing Strategies <i>Watch on our website</i>	<b>15</b>	<b>16</b>
<b>Week 3</b>	<b>19</b> <b>Monday Mojo for Caregivers</b> A Guide to Living Life to It's Fullest <i>Watch on our website</i>	<b>20</b>	<b>21</b> <b>Wednesday Workshop</b> How to Manage Escalating Behavior <i>Watch on our website</i>	<b>22</b>	<b>23</b>
	<b>26</b> <b>Monday Mojo for Caregivers</b> Lots of Ways to Organize Your Life Now <i>Watch on our website</i>	<b>27</b>	<b>28</b> <b>Wednesday Workshop</b> Tips on Coping with Sundowning <i>Watch on our website</i>	<b>29</b>	<b>30</b>
	<p>(561) 588-4545            2290 10<sup>th</sup> Ave N #406 Lake Worth, FL 33461  <a href="http://www.alzpb.org">www.alzpb.org</a>            RSVP for any event by calling (561) 588-4545.</p>				