



February 2021

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
	6 Easy Ways to Care for Yourself Watch on our Website		Alzheimer's and Intimacy Watch on our Website		
Week 2	8 Monday Mojo for Caregivers	9	10 Wednesday Workshop	11	12
	3 Ways to Use Your Time Wisely This Year Wisely Watch on our Website		Celebrating Valentine's Day When a Loved One Has Alzheimer's Watch on our Website		
Week 3	15 Monday Mojo for Caregivers	16	17 Wednesday Workshop	18	19
	4 Ways to Stay Positive When Times Are Tough Watch on our Website		Tips on Getting Your Loved One to See a Doctor Watch on our Website		
Week 4	22 Monday Mojo for Caregivers	23	24 Wednesday Workshop	25	26
	3 Ways to Alter Your Perspective During a Crisis Watch on our Website		4 Things to Consider Before Getting a Pet for Your Loved One Watch on our Website		
Week 5	---	---	---	<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>	