




March 2018

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	---	---	---	1	2
Week 2	5 Monday Mojo for Caregivers	6	7 Wednesday Workshop	8 The Reef for Men	9
	5 Reasons to Get Up in the Morning <i>Watch on our website</i>		Things to Know About Lewy Body Dementia (LBD) <i>Watch on our website</i>	8 Challenges Faced By Male Caregivers <i>Watch on our website</i>	
Week 3	12 Monday Mojo for Caregivers	13	14 Wednesday Workshop		16 Paint for Fun™
	How A Few Minutes of Me Time Can Reduce Your Stress <i>Watch on our website</i>		Simplifying Nighttime Caregiving <i>Watch on our website</i>		10:00am-12:00pm In Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
Week 4	19 Monday Mojo for Caregivers	20	21 Wednesday Workshop	23 Waves of Faith	
	Monday Morning Motivation – Start Your Week Off Right! <i>Watch on our website</i>		8 Tips When Traveling with A Person with Alzheimer's <i>Watch on our website</i>	Reconnect to Your Spirit Non-Denominational Prayer and Inspiration <i>Watch on our website</i>	
Week 5	26 Monday Mojo for Caregivers	27 Making Moments Matter FREE Workshop	28 Wednesday Workshop	<p>(561) 588-4545</p> <p>2328 10th Ave N #600, Lake Worth, FL 33461</p> <p>www.alzpb.org</p> <p>RSVP for any event by calling (561) 588-4545.</p>	
	5 Self Care Tips for Caregivers <i>Watch on our website</i>	The Changes & Challenges of Caring for Someone with Memory Loss 10a-12p	What's the Difference Between a Delusion and a Hallucination? <i>Watch on our website</i>		