












June 2018

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>(561) 588-4545 2328 10th Ave N #600, Lake Worth, FL 33461 www.alzpb.org RSVP for any event by calling (561) 588-4545.</p>		----	----	1
Week 2	4 Monday Mojo for Caregivers	5	6 Wednesday Workshop	7	8 The Reef for Men
	<p>Improving Your Mental Toughness <i>Watch on our website</i></p> 		<p>Signs That it's Time for a Break from Caregiving <i>Watch on our website</i></p> 		<p>Why You Need Time Away from Caregiving <i>Watch on our website</i></p> 
Week 3	11 Monday Mojo for Caregivers	12	13 Wednesday Workshop	14	15 Paint for Fun™
	<p>3 Ways to Constantly Improve Yourself <i>Watch on our website</i></p> 		<p>Tips on Helping your Loved One Get Dressed <i>Watch on our website</i></p> 		<p>10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i></p>
Week 4	18 Monday Mojo for Caregivers	19	20 Wednesday Workshop	21	
	<p>Mindfulness for Busy Caregivers <i>Watch on our website</i></p> 		<p>What is Vascular Dementia <i>Watch on our website</i></p> 		
Week 5	25 Monday Mojo for Caregivers	26 CAREGIVER WORKSHOP	27 Wednesday Workshop	28	
	<p>A Quick Survival Guide for Family Caregivers <i>Watch on our website</i></p> 	<p>Dr. Mark Goldstein Jem Research "Alzheimer's Research" <i>RSVP (561)588-4545</i></p>	<p>Summer Safety Tips for People with Memory Loss <i>Watch on our website</i></p> 