






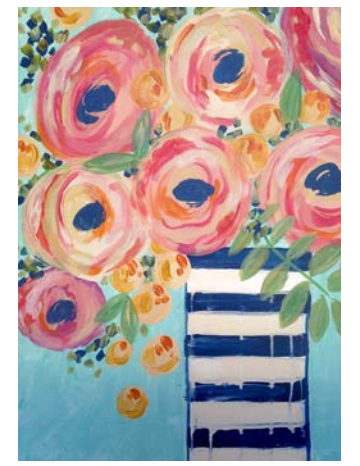



















August 2018

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 Wednesday Workshop Using Adult Day Care as Respite for Caregivers <i>Watch on our website</i>  | 2 | 3 |
| | | | 6 Monday Mojo for Caregivers | 7 | 8 Wednesday Workshop 4 Activities for People with Memory Loss <i>Watch on our website</i>  |
| Week 2 | The Benefits of "Crying it Out" <i>Watch on our website</i>  | | 15 Wednesday Workshop How to Start Meditating for Caregivers <i>Watch on our website</i>  | How to Avoid Being Trapped by Caregiving <i>Watch on our website</i>  | |
| | 13 Monday Mojo for Caregivers Why Being Selfish is Okay (sometimes) <i>Watch on our website</i>  | 14 | 22 Wednesday Workshop What You May Not Know About Dementia <i>Watch on our website</i>  |  | 17 Paint for Fun™ 10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i> |
| 20 Monday Mojo for Caregivers How to Keep It Together When Everything is Falling Apart <i>Watch on our website</i>  | 21 | 27 Monday Mojo for Caregivers Things to Let Go of to Be Happier <i>Watch on our website</i>  | 28 | | 24 |
| Week 3 | 13 Monday Mojo for Caregivers Why Being Selfish is Okay (sometimes) <i>Watch on our website</i>  | 14 | 15 Wednesday Workshop How to Start Meditating for Caregivers <i>Watch on our website</i>  | 17 Paint for Fun™ 10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i> | 24 |
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| Week 4 | 27 Monday Mojo for Caregivers Things to Let Go of to Be Happier <i>Watch on our website</i>  | 28 | 29 Wednesday Workshop The Art of Stress Free Productivity <i>Watch on our website</i>  | 30 | 31 |
| | 27 Monday Mojo for Caregivers Things to Let Go of to Be Happier <i>Watch on our website</i>  | 28 | 29 Wednesday Workshop The Art of Stress Free Productivity <i>Watch on our website</i>  | 30 | 31 |
| Week 5 | 27 Monday Mojo for Caregivers Things to Let Go of to Be Happier <i>Watch on our website</i>  | 28 | 29 Wednesday Workshop The Art of Stress Free Productivity <i>Watch on our website</i>  | 30 | 31 |
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