




January 2019

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	---	1 New Year's Day 	2 Wednesday Workshop Tips for Late Stage Dementia Caregiving <i>Watch on our Website</i>	3	4
Week 2	7 Monday Mojo for Caregivers New Year's Resolutions for Family Caregivers <i>Watch on our Website</i>	8	9 Wednesday Workshop 5 Natural Remedies for Soothing a Loved One with Anxiety <i>Watch on our Website</i>	10	11
Week 3	14 Monday Mojo for Caregivers What Does Healthy Caregiving Look Like? <i>Watch on our Website</i>	15	16 Wednesday Workshop Home Safety Tips for Dementia <i>Watch on our Website</i>		18 Paint for Fun™ 10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece Register at (561) 588-4545
Week 4	21 Monday Mojo for Caregivers Overcoming Family Caregiver Stress <i>Watch on our Website</i>	22	23 Wednesday Workshop 6 Ways to Use Your Body Language to Build Trust While Caregiving <i>Watch on our Website</i>	25	
Week 5	28 Monday Mojo for Caregivers 3 Things to Get You Through the Week <i>Watch on our Website</i>	29	30 Wednesday Workshop Chair Exercises for the Elderly <i>Watch on our Website</i>	<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>	