




# MARCH 2019

## Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	---	---	---	---	<b>1</b>
<b>Week 2</b>	<b>4</b> Monday Mojo for Caregivers	<b>5</b>	<b>6</b> Wednesday Workshop	<b>7</b> The Reef for Male Caregivers	<b>8</b>
	5 Reasons to Get Up In The Morning <i>Watch on our Website</i>		Things To Know About Lewy Body Dementia <i>Watch on our Website</i>	8 Challenges Faced By Male Caregivers <i>Watch on our Website</i>	
<b>Week 3</b>	<b>11</b> Monday Mojo for Caregivers	<b>12</b> CAREGIVING WORKSHOP	<b>13</b> Wednesday Workshop		<b>15</b>
	How a Few Minutes of Me Time Can Reduce Your Stress <i>Watch on our Website</i>	Essential Oils & Caregiving <b>FREE Wellness Consultations to follow</b>	Simplifying Nighttime Caregiving <i>Watch on our Website</i>		
<b>Week 4</b>	<b>18</b> Monday Mojo for Caregivers	<b>19</b>	<b>20</b> Wednesday Workshop		<b>22</b> <b>FREE Paint for Fun</b>
	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>		<b>10:00am - 12:00pm</b> <i>Lake Worth Office</i> Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
<b>Week 5</b>	<b>25</b> Monday Mojo for Caregivers	<b>26</b>	<b>27</b> Wednesday Workshop	<p>(561) 588-4545</p> <p>2290 10<sup>th</sup> Ave N #406, Lake Worth, FL 33461</p> <p><a href="http://www.alzpb.org">www.alzpb.org</a></p> <p>RSVP for any event by calling (561) 588-4545.</p>	
	5 Self Care Tips for Caregivers <i>Watch on our Website</i>		What's the Difference Between a Delusion and a Hallucination? <i>Watch on our Website</i>		