



# June 2019

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



	Monday	Tuesday	Wednesday	Thursday	Friday	
Week 1	3 <b>Monday Mojo for Caregivers</b> Improving Your Mental Toughness <i>Watch on our website</i>	4	5 <b>Wednesday Workshop</b> Signs That It's Time for a Break from Caregiving <i>Watch on our website</i>	6		
	10 <b>Monday Mojo for Caregivers</b> 3 Ways to Constantly Improve Yourself <i>Watch on our website</i>	11	12 <b>Wednesday Workshop</b> Tips on Helping a Loved One Get Dressed <i>Watch on our website</i>	13		
Week 2	17 <b>Monday Mojo for Caregivers</b> Mindfulness for Busy Caregivers <i>Watch on our website</i>	18	19 <b>Wednesday Workshop</b> What Is Vascular Dementia? <i>Watch on our website</i>	20		21 <b>Paint for Fun™</b> <b>10:00am-12:00pm</b> <i>Lake Worth Office</i> Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>
	24 <b>Monday Mojo for Caregivers</b> A Quick Survival Guide for Family Caregivers <i>Watch on our website</i>	25	26 <b>Wednesday Workshop</b> Summer Safety Tips for People With memory Loss <i>Watch on our website</i>	27		28
Week 3						<p style="text-align: center;"> <b>(561) 588-4545</b>            2290 10<sup>th</sup> Ave N #406, Lake Worth, FL            33461 <a href="http://www.alzpb.org">www.alzpb.org</a>            RSVP for any event by calling (561) 588-4545.         </p>
Week 4						
Week 5						