




August 2019

Alzheimer's Care Resource Center: Caregiver Information Station Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	<p>(561) 588-4545 2290 10th Ave N #406, Lake Worth, FL 33461 www.alzpb.org RSVP for any event by calling (561) 588-4545.</p>			1	2
Week 2	5 Monday Mojo for Caregivers	6	7 Wednesday Workshop	8	9
	<p>The Benefits of "Crying it Out" <i>Watch on our website</i></p>		<p>4 Activities for People with Memory Loss <i>Watch on our website</i></p>		
Week 3	12 Monday Mojo for Caregivers	13	14 Wednesday Workshop		16 Paint for Fun™
	<p>Why Being Selfish is Okay (sometimes) <i>Watch on our website</i></p>		<p>How to Start Meditating for Caregivers <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	19 Monday Mojo for Caregivers	20	21 Wednesday Workshop	23	
	<p>How to Keep It Together When Everything is Falling Apart <i>Watch on our website</i></p>		<p>What You May Not Know About Dementia <i>Watch on our website</i></p>		
Week 5	26 Monday Mojo for Caregivers	27	28 Wednesday Workshop	29	30
	<p>Things to Let Go of to Be Happier <i>Watch on our website</i></p>		<p>The Art of Stress Free Productivity <i>Watch on our website</i></p>		