



October 2019

Alzheimer's Care Resource Center: Caregiver Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	7 Monday Mojo for Caregivers Feel Less Stressed in Less than 10 Minutes <i>Watch on our website</i>	8	9 Wednesday Workshop How To Encourage Eating for Those with Memory Loss <i>Watch on our website</i>	10	11
	14 Monday Mojo for Caregivers Overcoming Low Self-Esteem in Caregiving <i>Watch on our website</i>	15 FREE WORKSHOP How to Choose a Nursing Home <i>at Alzheimer's Care Resource Center</i> <i>RSVP (561) 588-4545</i>	16 Wednesday Workshop Successful Bathing Strategies <i>Watch on our website</i>		18
21 Monday Mojo for Caregivers A Guide to Living Life to It's Fullest <i>Watch on our website</i>	22	23 Wednesday Workshop How to Manage Escalating Behavior <i>Watch on our website</i>	25 Paint for Fun™ 10:00am-12:00pm Lake Worth Office Create Your Own Painting Masterpiece <i>Register at (561) 588-4545</i>		
28 Monday Mojo for Caregivers Feel Less Stressed In 10 Minutes or Less <i>Watch on our website</i>	29 FREE WORKSHOP Filling the Gap Between Diagnosis & Day Care <i>at Alzheimer's Care Resource Center</i> <i>RSVP (561) 588-4545</i>	30 Wednesday Workshop Tips on Coping with Sundowning <i>Watch on our website</i>	31		
<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>					