



November 2021

Alzheimer's Care Resource Center: Caregiver Events Calendar



	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	1 Monday Mojo for Caregivers Learning How To Quiet The Mind <i>Watch on our website</i>	2	3 Wednesday Workshop How to Improve Focus & Mental Clarity With Essential Oils <i>Watch on our website</i>	4	5
	8 Monday Mojo for Caregivers The Power of Saying "NO" <i>Watch on our website</i>	9	10 Wednesday Workshop Self-Directed Health Care: Choosing to Live a Wellness Lifestyle <i>Watch on our website</i>	11	12
Week 3	15 Monday Mojo for Caregivers 7 Quotes from Inspirational Caregivers <i>Watch on our website</i>	16	17 Wednesday Workshop Celebrating the Holidays When Your Loved One Has Memory Loss <i>Watch on our website</i>	18	19
	22 Monday Mojo for Caregivers Mastering the Art of Letting Go <i>Watch on our website</i>	23	24 Wednesday Workshop How To Be Thankful When You are a Full-Time Caregiver <i>Watch on our website</i>		
Week 4	29 Monday Mojo for Caregivers 7 Quotes from Inspirational Caregivers <i>Watch on our website</i>				26
					<p style="text-align: center;"> (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>