

# ASK the Expert

a dementia-focused  
educational  
series for  
caregivers

**Wednesday,  
January 31  
3:30 - 5:00 PM**

## topic

# Caring for Yourself

## presented by

Tina Thomas with the  
Alzheimer's Association

**alzheimer's**   
**association™**

Light refreshments will be provided.

Space is limited. RSVP to 520-0050 by January 29.



## Dunlop House

Assisted Living & Memory Care

For more information or to schedule  
a visit of our community, contact  
Dunlop House at 804-520-0050.

DunlopHouse.com  
235 Dunlop Farms Boulevard  
Colonial Heights, VA 23834

