

Taking Control of our Lives

A self-management program for people living with dementia

As described by past program participants, benefits of **Taking Control of our Lives** include the following:

- Learning more about how to live well with dementia
- Enhanced ability to cope and adapt with dementia
- Empowerment
- Increased self-confidence
- Connecting with others in a safe space
- Connecting with others through shared experiences



Orillia

March 7—April 25, 2019
10 a.m.—noon

Barrie

April 26—June 14, 2019
10 a.m.—noon

To register, please call Erika at

705-329-0909 ext 3802 or Toll-free 1-855-529-0909

Taking Control of our Lives is a research based self-management program for people living with dementia and their partner in care. The program was developed by Lakehead University's Centre for Education and Research on Aging & Health and the Alzheimer Society of Ontario.

Alzheimer Society
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Supported by:



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