



# Conversations with a **DEMEN'TIA CARE SPECIALIST**

Learn practical tools and tips for communication, strategies for managing challenging behaviors, and ways to support someone at every stage of their journey.

**3rd Wednesday of Every Month | 1 - 2 p.m.**

**1/15/25** - Wellness for Your Brain  
*Social, Physical & Psychological*

Presented By:



Heather Flick, MS  
Dementia Care  
Specialist, ADRC of  
Brown County

**2/19/25** - Healthy Foods for Your Brain  
*Nutrition Tips for Brain Health*

**3/18/25** - Fitness for Your Brain  
*Strategies for Cognitive Fitness*

Space is limited. Be sure to register!

☎ (920) 448-4300    [schedulesplus.com/adrc](http://schedulesplus.com/adrc)  
📍 300 S. Adams Street, Green Bay, WI 54301

  
Aging and Disability Resource Center  
of Brown County