Check it out!

Hernando County
Public Library

Pesents

Alzheimer's Awareness Event

For caregivers of individuals with Alzheimer's and other forms of dementia



What are "Alzheimer's" and "dementia?"
How can you become a better caregiver?
How do you reduce your own stress?
What are some of the resources available to you?

Certified Dementia Practitioner Debbie Selsavage will speak on the philosophy and techniques of Person-Centered Compassionate Care.
She will present with humor and empathy from her own personal experience as a care-giver to her husband Albert.

This workshop is a FREE and open to the public

Please RSVP to insure we have enough handouts.
Call 352-422-3663 or
Email: deb@coping.today

1:00 to 5:00 p.m.
Monday, December 9, 2019
6335 Blackbird Ave., Weeki Wachee, FL

Presented by Coping with Dementia LLC

We All Deserve the Best!