



Building Better Caregivers

Are you currently caring for a loved one with Alzheimer's or dementia? Are you seeking ways to better manage your life while caring for a loved one?

Join us for this community-based, highly participatory workshop, where mutual support and success build confidence in your ability to manage caregiving tasks and maintain a fulfilling life.

 Every Thursday, Aug. 13 - Sept. 17
6:00 - 8:30 PM

 **Virtual workshop**
You will receive a link with your confirmation,



MARYLAND
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Anyone needing accommodations must contact Ryan Shupp at (410) 222-4336 or Health_Wellness@aacounty.org at least 7 days prior to the event. Individuals who use Maryland Relay call 7-1-1 for assistance. All materials are available in alternate formats upon request.

Scan the QR code to register or go to
<https://lp.constantcontactpages.com/ev/reg/9ccgt5m>

