

THE EMPOWERED CAREGIVER SERIES

BUILDING FOUNDATIONS

OF CAREGIVING

An education program presented by the Alzheimer's Association®



Caring for someone living with dementia brings a unique set of challenges and rewards. With the right help and support, you can empower yourself to provide quality care while managing your own well-being.

Topics in the program include:

- » The role of a caregiver and changes you may experience.
- » Using a person-centered care approach.
- » Building a support team.
- » Managing caregiver stress.

Brought to you by



The Living Center
Treating You and Your Loved Ones Like Family



Tuesday, July 23
5 p.m. - 6 p.m.

Fitzgibbon Hospital
2305 S Hwy 65
Marshall, MO 65340

Register at
<https://tinyurl.com/FitzgibbonECGJ> or call
800-272-3900

Use main hospital entrance and take elevator to second floor to Classrooms 1 & 2. Light refreshments will be served.

Visit alz.org/CRF to explore additional caregiver education programs in your area.