

Lunch & Learn



Dementia Bytes

We are excited to offer a virtual dementia education class for family caregivers every Thursday at noon. This class is offered during the lunch hour so that people who work during the day can have access to this vital support. Simply log in to Zoom and enjoy a weekly conversation to help you reduce your stress as you navigate the challenging dementia journey.

Format: 20 minutes of education followed by 25 minutes of general dementia Q&A.
No cost. No need to register.



Thursdays, Noon–12:45 p.m.

Zoom link:

<https://hov.zoom.us/j/87482264963?pwd=Qm1uVmdMQi9EcWtPaGFSS1dZN2U5QT09>

Meeting ID: 874 8226 4963 | **Passcode:** 401031



**DEMENTIA CARE
and EDUCATION
CAMPUS**

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