



# Mindful Connections *for Dementia Caregivers*

**Start your Tuesdays with a fresh focus!** Join a member of Hospice of the Valley's Dementia Program, for a virtual "wellness get-together." After a 5–10-minute practice to help relax and refresh, we'll discuss any questions around dementia and your heartfelt concerns as a caregiver.

You are invited to actively participate or simply connect with others, listen and learn in this safe and welcoming space. Join us from the convenience of your home or office every Tuesday at 10 a.m.

**Questions: (602) 787-8300**

**Zoom Link:** <https://hov.zoom.us/j/94357763001>

Meeting ID: 943 5776 3001

Passcode: 691016



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