



A mindful approach to caregiver well-being

Pause. Re-set. Recover.

Those three words are key when it comes to managing the challenges of caring for a person living with dementia. How do you meet their changing needs, without exhausting yourself?

Join Maribeth Gallagher for an insightful presentation on using Mindfulness practices to nurture your own well-being as you care for your loved one.

Maribeth directs Hospice of the Valley's Dementia Program, which has received national and international awards for its innovative approaches to dementia care. Her commitment to improving dementia care was initially inspired by personal experiences as a family caregiver on a journey with her loved one with dementia, from diagnosis to death. She is a psychiatric nurse practitioner with a doctoral degree in nursing and a certified MBSR teacher.



Wednesday, March 17; 1–2 p.m. *or* Saturday, March 20; 10–11 a.m.

Reach our dementia team at **(602) 636-6363**.

Zoom Link: <https://hov.zoom.us/j/3232666521>



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