



Mindful Connections *for Dementia Caregivers*

Start your week with a fresh focus! Join Dr. Maribeth Gallagher, director of Hospice of the Valley's Dementia Program, for a virtual "wellness get-together." After a 5-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 Monday at 10 a.m. for about 30 minutes.

Questions: (602) 636-6363

Zoom Link: <https://hov.zoom.us/j/97088368189>

Meeting ID: 970 8836 8189

Passcode: 538891



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