



Join us at our Dementia Care and Education Campus!

We are excited to offer dementia education and support for caregivers and the community. Presentations include time for questions and answers. There is no cost, but **registration is required** for each session you would like to attend.

Mindful May

Methods to Optimize Dementia Caregiver Well-Being

Join us for an exploration of evidence-based approaches that dementia caregivers have found helpful to optimize their own health and well-being. A variety of techniques will be presented and practiced as a group. Discussions will focus on how these simple practices can cultivate resiliency and healthier coping skills amid daily challenges associated with dementia caregiving. You are invited to attend one or all four classes.

Sessions are every Thursday from 10–11 a.m.

Prior to the sessions on May 5 and May 19 we will offer the **Dementia Moments Experience** from 9:15–10 a.m., a simulation that presses participants to perform everyday tasks as if they were living with Alzheimer's or another dementia. This experience is optional.

Activities for person living with dementia may be available while you attend. Please call or email, if needed.

Location

Dementia Care
and Education Campus
3811 N. 44th St.
Phoenix, AZ 85018

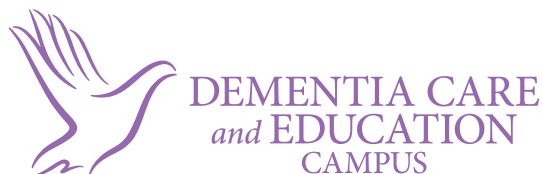
dementiacampus.org

Speaker:

Maribeth Gallagher

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

For questions or to register: email DementiaCampusEvents@hov.org or call (602) 767-8300



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An innovation of Hospice of the Valley