



Know Better, Do Better

Weekly workshops in dementia care

We are excited to offer dementia education to help family caregivers and our whole community navigate the challenges of the dementia journey. **There is no cost, but registration is required** for each session you would like to attend in **November**.

Thursday, Nov. 3

Celebrating the Holidays with Persons Living with Dementia

10–11 a.m.

This presentation focuses on helpful tips to safely and successfully navigate common holiday season challenges.

Thursday, Nov. 10

Easing the Stress of the Season

10–11 a.m.

As the holidays approach, let's review and practice simple mindfulness methods that can be woven into each day for caregiver resiliency and well-being.

Thursday, Nov. 17

Dementia Moments (optional)

9–10 a.m.

An experience that presses participants to perform some everyday tasks as if they were living with Alzheimer's or another dementia.

Music as Medicine Part 2: Sounds of the Season

10–11 a.m.

Let's create a customized playlist of holiday songs heard over a lifetime that may rekindle joy and connection for the person living with dementia.

Thursday, Nov. 24

No session due to Thanksgiving holiday



Activities for your person living with dementia may be available while you attend any of these events. Please contact us, if needed.

Location

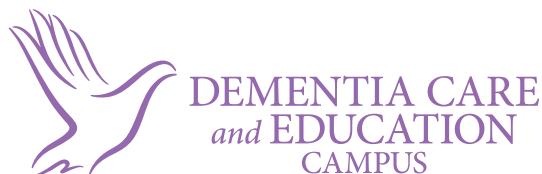
Dementia Care and Education Campus
3811 N. 44th St.
Phoenix, AZ 85018
dementiacampus.org

Speaker:

Maribeth Gallagher

Dr. Gallagher directs Hospice of the Valley's Dementia Program, which has received national and international awards for its innovative approaches to dementia care. She is a psychiatric nurse practitioner with a doctoral degree in nursing. Her 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 events@dementiacampus.org or call **(602) 767-8300**



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