

Rediscover Love, Care & Happiness in Your Dementia Journey ... and KEEP IT!



Join us for 1 or all 3 VIRTUAL programs

Are You Kidding...LOVE Myself?

Thursday, April 20th | 11:00AM-12:00 PM

Julia Johnson, SLP-CCC Dementia Care Consultant



Loving YOURSELF while being a caregiver is tough! Join us for a program where YOU are the main focus. Where YOU will gather solutions to reduce your stress and become the best care partner while still loving YOU!! In this program you will learn about the areas of the brain that are responsible for stress responses, identify ways stress affects your brain and body, and leave ready to implement practical solutions, especially during the challenges of caregiving. YOU will learn how to make changes that will bring light and hope to each day as a care partner.

Happiness is a Warm Puppy and a Side of Fries!

Wednesday, May 17th | 1:00-2:00 PM

Jenn Taylor, Ph.D., CTRS, University of WI-La Crosse

What are the actual elements that promote happiness and how can YOU foster these elements during YOUR care partner journey? This program will provide YOU with practical research-based strategies to incorporate into YOUR daily life. Come hear about the Caregiver's Happiness Project that employed the science of happiness for caregivers at UW-La Crosse. Explore the science of happiness with Dr. Jenn Taylor, a motivational scientist and happy life enthusiast. Happiness is in our hands — not something we are handed!!



How Do I Bring Back CARE in My Communication?

Tuesday, June 13th | 11:00AM-12:00 PM

Tanya Sutton, Certified Social Worker, MS in Organizational Administration



We all know that communication is critical in all relationships, but even more so with our loved ones on the dementia journey! Come find new ways you can show CARE through your communication. Join us for interactive activities and fun with non-verbal communication, positive approach and care cues, and bring back LOVE and CARE into your communication! Even when dealing with the always changing facets of dementia care, we can find ways to have moments of Love and Joy in our interactions and care.

To REGISTER for one or all three programs call our 24/7 Helpline:

800.272.3900