



REVERE COURT

MEMORY CARE

Monthly Caregiver Educational Seminar

Tuesday-March 24th

at 2pm

“Depression in Seniors”

Presented by:

Shellie Young, Community Educator for
Sanctuary Home Health & Hospice

&

Luis Avila-Cruz, NAMI Board President

Light refreshments will be provided

Please join us!

At **Revere Court Memory Care**, we believe that **support and education** are essential for every caregiver.

Together, we can build understanding, resilience, and a stronger community of care.

This presentation is designed to help participants recognize the common signs and symptoms of depression within the senior population, increase understanding of how mental health can impact overall well-being, and provide practical guidance on when and how to seek support.

Attendees will also learn about available community resources, such as The National Alliance on Mental Illness (NAMI) Sacramento that offer education, support groups, and assistance for individuals and families navigating mental health concerns.

Please RSVP By March 20th

At 916-392-3510

Revere Court Day Club offers socialization, supervision, assistance, and activities from 8:30 am to 5:30 pm, Monday through Friday in our clubhouse. We offer families the opportunity to “recharge” for the day while your loved one enjoys themselves.

www.RevereCourt.com
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