



REVERE COURT

MEMORY CARE

Monthly Caregiver Educational Seminar

Tuesday:

January 20th At 2:00pm

“Building Foundations for Caregiving”

Presented by:

Denise Davis

Program Coordinator

Alzheimer's Association

Light refreshments will be provided

With the right support, you can empower yourself to provide quality care to the person living with dementia while managing your own well-being.

Topics in the program include:

- ♦ The role of a caregiver & changes you may experience
 - ♦ Using a person-centered care approach
 - ♦ Building a support team
 - ♦ Managing caregiver stress

Please join us!

RSVP By January 16th

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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