

Upcoming dementia education workshops



Family caregiver series

An education series for family members who are caring for a person living with dementia that covers understanding dementia, communication and behaviour, as well as planning for the future and self-care for caregivers.

Monday, January 22 from 11 a.m. to 4 p.m.

Vernon Library

2800 30th Avenue

Vernon

Understanding behaviour changes

Explore various changes in behaviours caused by dementia and learn practical strategies for responding in supportive ways. For caregivers.

Monday, February 26 from 1 to 3 p.m.

Seniors' Resource Centre

320 2 Avenue NE

Salmon Arm

An introduction to brain health

It's never too late to make changes for a healthier brain. Learn how to maintain or improve your brain health by exploring topics including natural aging changes, dementia, risk reduction, memory, brain training and more. For the general public.

Tuesday, January 23 from 1 to 2:30 p.m.

Armstrong Library,

#1 3305 Smith Drive

Armstrong

REGISTRATION Pre-registration



is required. Please call the First Link® Dementia Helpline:

1-800-936-6033

*Masks are optional. Learn more about safety protocols at alzbc.org/COVID-safety