

## Sign up today for your <u>FREE</u> **Dealing with Dementia Workshop**

## Are you a Family Caregiver/Partner?

Tuesday, <u>August 20</u> and <u>August 27</u>, 2024 10:00am to 12:00pm Each Day

## **Quitman County Library**

18 Kaigler Road Georgetown, GA 39854

(Must have 5 attendees to have class)

\*\*\*Please Call 706-256-2930or Email: <a href="mailto:rmonfort@rivervalleyrcaaa.org">rmonfort@rivervalleyrcaaa.org</a> to RSVP – by August 16, 2024.\*\*\*

Seating is Limited to 25 Due to Space

DO YOU NEED HELP IN THESE AREAS?

- UNDERSTANDING DEMENTIA
- MANAGING PROBLEM BEHAVIORS
  - HANDLING STRESS
  - FINDING TIME FOR YOU

