

Center50+

CITY OF SALEM SENIOR CENTER

Here to Help!

Family Caregiver Seminar

Understanding Alzheimer's Disease



Brain Agility

Come and learn the importance of doing balanced brain exercises for the caregiver and their loved one with Alzheimer's or related dementia, and be given the opportunity to identify brain agility activities that both will enjoy. Receive information on brain exercises the caregiver can do themselves to keep focused and how to do simplified brain exercises with their loved one.

Presenter: Jan Irving, PhD, RN Health Educator for Salem Hospital Community Health Education Center.

DATE: Monday, January 23, 2017

TIME: 2 p.m. - 4 p.m.

COST: FREE

LOCATION: Center 50+
2615 Portland Rd NE
Salem, OR 97301



Please call 503-588-6303 to register.

This educational seminar is for unpaid family caregivers caring for loved ones with Alzheimer's disease or related dementia.

Presented in partnership with the Among Friends Adult Day Respite and Time With Friends Programs with additional support by NorthWest Senior & Disability Services. Thank you to our sponsors:



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