

THE EMPOWERED CAREGIVER SERIES

SUPPORTING INDEPENDENCE

An education program presented by the Alzheimer's Association®



FREE LUNCH & LEARN

REGISTRATION REQUIRED

A person living with dementia often wants to stay independent for as long as possible. Caregivers can learn how to balance safety and manage expectations to support independence at every stage of the disease.

Topics in the program include:

- How dementia affects independence.
- Four steps to help with daily activities.
- Tips to make activities meaningful.
- Providing the right amount of support.

Tuesday, February 11, 2025
12noon - 1 PM EST

Aging With Grace
Fountain of Youth Clubhouse
743 Allendale Drive
Lexington, KY 40503

To register for this FREE
Lunch & Learn, please
call our 24/7 Helpline at
1-800-272-3900.

Visit [alz.org/CRF](https://www.alz.org/CRF) to explore additional caregiver education programs in your area.