



Fayetteville
**Dementia
Caregiver
WORKSHOP**

Friday, March 22, 2024

9:30 am - 12:30 pm

Caring for someone living with dementia is HARD! And finding the time to care for yourself while doing that is even harder. Join us for a workshop created just for you.

Come discover common myths and misconceptions about dementia and answer your questions related to types & forms of dementia and all aspects of dementia care.

We will have yummy snacks for you to enjoy, time for you to talk with other caregivers, and a fun interactive music and movement session that will help you and show you how to incorporate more movement into your loved one's day.

Location:

Bill Crisp Senior Center
7560 Raeford Rd,
Fayetteville, NC 28304

Cost: FREE

To register, or if you have questions call or email Barbara White, bwhite@mccog.org, (910) 323-4191, Ext 28 or Lisa Levine, llevine@dementianc.org (919) 832-3732

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