

ESSENTIAL TOOLS FOR CAREGIVERS OF THOSE WITH DEMENTIA

FREE WORKSHOP SERIES ON ZOOM

WEDNESDAYS 10:00 a.m. to noon

- September 8: Caring for the Caregiver
- September 15: Community Resources
- September 22: Legal/Financial Planning
- September 29: Advance Care Planning
- October 13: Ambiguous Loss
- October 20: Nutrition

To register call (530) 648-0592 or go to
[www.supportsierranevada.org/
caregiverempowerment](http://www.supportsierranevada.org/caregiverempowerment)

Respite funds are available to care for
your loved one during classes.

The Alzheimer's Outreach Program (AOP) is a joint program of
Sierra Nevada Memorial Hospital and
Sierra Nevada Memorial Hospital Foundation