

**"REMEMBER ME"
CREATIVE SOLUTIONS &
PRACTICAL TECHNIQUES FOR
DEMENTIA CAREGIVERS**

FREE SERIES ON ZOOM

Tuesdays & Fridays 11:00 a.m. to 1:00 p.m.

- **November 2: Understanding dementia**
- **November 5: Challenges of aging**
- **November 9: Communication techniques**
- **November 12: Creative solutions and practice**

**To register for this series
call (530) 648-0592 or register online at
[www.supportsierranevada/
caregiverempowerment](http://www.supportsierranevada/caregiverempowerment)**

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

Technical assistance with Zoom is available.

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