

Do you care for someone with memory loss or dementia?

Join Us For Building Better Caregivers

*Six consecutive Thursdays, September 11 - October 16,
from 12:00 - 2:30p.m., CST*



You will learn about:

- Reducing stress for your family member and yourself
- * Caring for yourself
- Dealing with difficult emotions
- Managing your family member's behavior
- * Planning for the future
- Finding resources

Registration required contact:

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682-433-0375



Dementia Friendly
North Central/East Texas