

Living with Dementia: First Steps

Living with Dementia: First Steps is an informational and experiential workshop series for people supporting a person recently diagnosed with Alzheimer's disease or another form of dementia.

Day One

Thursday, Oct. 26, from 6:30 – 9 pm

- Overview of dementia
- Safety for the person with dementia and their caregivers
- Legal & financial matters
- The Alzheimer Society is here for you

Day Two

Thursday, Nov. 2, from 6:30 – 9 pm

- Activities to experience what it might be like to have dementia
- Navigating house and care options
- Caring for yourself

Sessions located at:

Alzheimer Society of Manitoba

Parkland Office

Unit 3-118 Main Street North,

Dauphin, MB

Cost: \$10 per session

\$15 for both sessions

For more information, and to register please contact Wanda Sime at:
204-638-4483 (Dauphin) or
1-800-378-6699 (Manitoba) or
alzprk@alzheimer.mb.ca

