



A conference for family and friends  
caring for people living with dementia.

**Saturday, October 28, 2023**

**Canad Inns Destination Centre Polo Park**

**1405 St. Matthews Ave., Winnipeg, MB**

**9 am - 3:30 pm | Cost - \$50**

## **Building a Community of Empowered Care Partners**

Join us for Care4u, a day of education and support for family and friends caring for people living with dementia.

The conference features local and national healthcare and community professionals who will share the latest about dementia, caregiving strategies and community resources while empowering care partners to prioritize their well-being.

### **Featured Keynote Speakers**



#### ***Finding Your Way on This Dementia Journey***

**Sylvia Davidson, MSc,**  
OT Reg. (Ont.)

#### ***Both Sides Now: Navigating the Journey with Courage & Self-Compassion***

**Jillian Horton, MD,** Internal  
Medicine; Author, "We Are All  
Perfectly Fine"



**Connect with other care partners,  
gain knowledge and engage with  
community service providers, as we  
explore topics such as:**

- Caregiving strategies when abilities change
- Complex legal situations
- Other symptoms and types of dementia
- Transitioning to long-term care
- Ambiguous loss and grief
- Medications
- And more!

**Register Today at [alzheimer.mb.ca](http://alzheimer.mb.ca)!**

For more information, contact Jennifer Vicente-Licardo, Education Manager  
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