



THE BRAINS BEHIND SAVING YOURS.™

Coping with the Holidays

This program will provide:

- 1) Causes of stress for both persons with dementia and their caregivers
- 2) Coping Strategies
- 3) Tips for making the holidays better for the person with dementia and their caregivers

Tuesday, December 15, 2015

10:00 a.m. - 11:30 a.m. or

6:00 p.m. - 7:30 p.m.

Chapter Office

612 W. Glen Ave.

Peoria, IL 61614

Funded in part by the Heart of Illinois
United Way

Cost: Free

Facing New Challenges

This program is an introductory course
covering:

- 1) Normal aging vs. dementia
- 2) Diagnostic Process
- 3) Communication
- 4) Safety Concerns
- 5) Community Resources

Monday, December 21, 2015

4:30-6:30 p.m.

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Peoria, IL 61614

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Cost: Free

Please call (309) 681-1100 or
email jwachtveitl@alz.org to register.