

# ALZHEIMER'S



## **Caring for People with Alzheimer's/Dementia Series for Professionals and Caregivers**

**2/17/10 Overview of Alzheimer's**  
Discussion will focus on what the disease is and how to maximize functional independence, self-esteem and morale.

**2/24/10 Communication**  
Identify ways to communicate effectively and how to handle varying behaviors including sexuality. An overview of daily living activities will be discussed.

**3/3/10 Caring for the Family & Ourselves as Caregivers**  
Discussion on the grieving process, how family members are affected adversely by the disease and the importance of caring for yourself.

**\$30 per session or  
all three for \$75**

**To register:**

**603-882-3616 x1132** or  
email  
[c.mclaughlin@harborhomes.org](mailto:c.mclaughlin@harborhomes.org)

All classes are held at  
45 High Street, Nashua, NH 03060  
from **4:30-6:30 p.m.**

Attend one, two or all three workshops.  
Certificates of Attendance will be issued  
if attending all three.

 **The Training Institute**  
at Welcoming Light, Inc.

 **Healthy  
at  
Home**  
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**Healthy at Home, Inc.**