

**The Alzheimer's Association and Dementia Friendly Sun Prairie
Present:**



A Mindful Approach to Caring for Someone with Dementia

Are you feeling overwhelmed with the decisions or burdens of caring for a loved one with dementia? Do you feel guilt or helplessness in your new role as caregiver? Learn how a mindful approach can help you find the strength to care for people with memory loss.

Presented by Joy Schmidt, Dementia Care Specialist, Aging and Disability Resource Center of Dane County.

Wednesday, November 15 at 6 pm
Sun Prairie Public Library
Conference Room

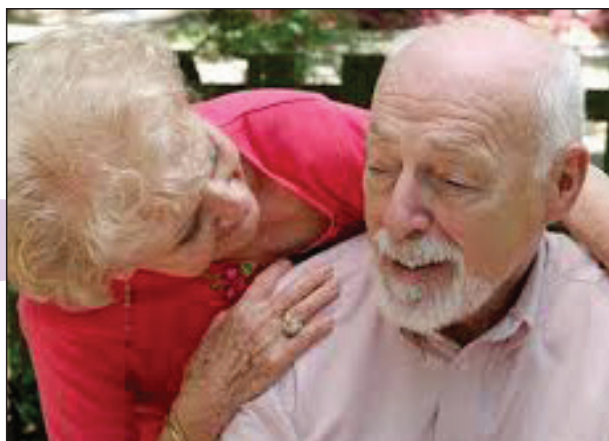
**Please register by emailing us at
sunref@sunlib.org or calling 825-0702.**

Free and open to the public.

If you need accommodations to attend this program,
please call 825-7323 two weeks in advance.

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