

Dementia 101

Caregiver College



Have Lunch While You Learn!

Lunch is provided for all participants. No cost and open to the public. RSVP required.

Dementia 101

Learn the basics of the most common forms of dementia. Find out what to expect during different stages of the disease. Learn what caregivers can do to cope with daily challenges, including communication and safety.

Just 4 Me - Coping as a Caregiver

Learn stress and relaxation techniques, skills for coping with grief, loss and depression, and how to take time for yourself. Get tips and ideas for keeping yourself well while caring for a family member or loved one.



Tuesday, February 28
8:30 a.m. - 2:30 p.m.

Parkway Senior Center
1600 Boykin Blvd
Mobile, AL 36605

Registration Required

Della Sanchez
251-706-4650

dellasanchez@sarpc.org

Reach out if you need help
with care of your loved one
to attend classes.

