



HEALTHY FAMILIES HEALTHY COMMUNITIES

Caring for someone with Alzheimer's can be overwhelming. As a caregiver, you may find yourself with so many responsibilities that you neglect taking good care of yourself. But the best thing you can do for the person you are caring for is stay physically and emotionally strong. It is also important to have a support network to take care of your own well-being, and we're here to help.

Join us for a forum for caregivers and their communities dedicated to learning tips and strategies for healthy living.

SATURDAY, NOVEMBER 11 | 10:00 AM-3:00 PM

**Weeping Willow AME Zion Church
2220 Milton Rd, Charlotte, NC 28215**

Doors open at 9:30 AM

Continental breakfast & lunch included

Workshops include:

- Healthy Living for Your Brain and Body Program
- Thai Chi Session
- Cooking Demonstration & Class
- Back to Nature / Horticultural Therapy Session

All Day Activities:

- Resource Row - exhibit tables by local caregiver and community resources
- Coffee Shop - enjoy a cup of coffee and chat
- Caregiver Shop - care products for daily caregiver needs
- Kid's Corner - games and crafts for kids in attendance

This event is free, intergenerational, and open to all. Registration is required.

Program details and registration: (Deadline: Nov. 6)
tinyurl.com/HealthyFamiliesRSVP | 800.272.3900

For information regarding possible day-of respite care, contact Venitra White-Dean at venitra@frankiemaefoundation.com by no later than Oct. 30.

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