

Caregiving During the Holidays






Presented by the Alzheimer's Association® South Carolina Chapter



Navigating the holidays as a dementia caregiver

For many caregivers the holiday season may give rise to stress, frustration or sadness, rather than peace and goodwill.

Join us to learn about:

-  How to care for yourself
-  Making the holidays more enjoyable
-  Tips to help others understand
-  Alzheimer's awareness
-  Holiday safety

DECEMBER 2, 2024
2:00PM - 3:00PM

Martha Franks
Retirement Community

1 Martha Franks Dr
Laurens, SC 29360

Sign up at alz.org/sc
Call 803.272.3900 (24/7)
or marthafranks.com

PLEASE FOLLOW EVENT SIGNS

Visit alz.org/CRF to explore additional education programs in your area.