



THE ARK OF SC AND AGING LIFE CARE CHARLESTON PRESENTS

# ALZHEIMER'S AND YOU

**FREE SIX WEEK EDUCATIONAL SERIES FOCUSING ON THE UNIQUE  
CHALLENGES OF ALZHEIMER'S AND OTHER DEMENTIAS**



**WEEK ONE:**  
**September 23, 2025**

Dementia from the Inside Out



**WEEK TWO:**  
**September 30, 2025**

Communication is Key



**WEEK THREE:**  
**October 7, 2025**

Stages of Dementia, Part 1



**WEEK FOUR:**  
**October 14, 2025**

Stages of Dementia, Part 2



**WEEK FIVE:**  
**October 21, 2025**

Dementia Medication  
Overview by a Board Certified  
Geriatric Pharmacist



**WEEK SIX:**  
**October 28, 2025**

Love your elder & yourself

 **6:00 PM - 8:00 PM**

 **THE VILLAGE AT SUMMERVILLE**  
201 W 9TH N ST, SUMMERVILLE, SC 29483



**TO REGISTER:**

INFO@THEARKOFSC.ORG | 843-471-1360

REGISTER BY SEPTEMBER 19, 2025

**Instructor:**

**KAREN NICHOLS, RN, CRCFA, NHA, CMC**

Karen Nichols, RN, CRCFA, NHA has spent more than 25 years of her career dedicated to serving seniors. As the only certified Positive Approach to Care trainer and consultant in South Carolina, she is particularly passionate about caring for and training people to care for people with dementia and feels that helping people understand them is her life's calling.

