



'Tis the Season for Sanity Clause

Presented by Amy Matthews, Dementia Coach



As we approach the holiday season, the stress level inevitably goes up with making plans, preparing for family and friends, as well as trying to maintain the day-to-day caregiving routines.

And this year, just to add to the stress level, we are in the midst of a global pandemic, which means we need to think and act differently than ever before to maintain a safe and supportive holiday for all involved. This program will discuss the importance of taking care of yourself during the holidays, as well as ways in which we can minimize the stressors associated with the holiday season.

Please Register by Monday, November 29th

Join us for a **FREE** Educational Webinar

Wednesday, December 1st

6:00 - 7:00 p.m.

To Register

412-212-3696

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