



FREE Half-Day Workshop!

Caregiving Survival PLUS Caring for a Loved One With Dementia

Dementia caregiving expert Jill Gafner Livingston will offer tips and tools on managing the stress of caregiving. Her inspirational seminar is designed with the family caregiver in mind and will encourage positive thoughts and behaviors.

Free handbook for the first 20 registered! Copies will be available for sale.



Jill Gafner Livingston, BSBM, Certified Dementia Practitioner (CDP), Certified Alzheimer's Disease and Dementia Care Trainer (CADDT). Author, "Personal Positioning for Caregivers." Supporting caregivers since 2006 through radio, television and national seminars.

Virtual Workshop!

Two Upcoming Dates:

Wednesday, August 12

1:00 p.m. to 3:30 p.m.

(Hosted by Frenchtown Center for Active Adults)

Thursday, August 20

4:00 - 6:30 p.m.

(Hosted by Livingston County Catholic Charities)

Join with your smartphone, computer or tablet. Phone option also available.

To register, email

wellnessprograms@aaa1b.org or

call 833-262-2200

