

Complimentary

Dementia Care Support Seminar for Families & Caregivers



2nd Wednesday Every Month • 11:00 a.m. – 12:00 p.m.

Brightview Severna Park • 469 Jumpers Hole Rd. • Severna Park

CARING FOR THE CAREGIVER

Interactive Discussions & Support

Facilitated by Jennifer L. Sapp, M.S.W., M.S.G

Caring for someone with dementia can take a toll on your own physical, mental, and emotional health – and leave you with little time or energy to do anything about it. We can help.

Join us for an interactive discussion to learn practical, rejuvenating self-care tips, including some great proactive ones that can make your job easier and less stressful to begin with.

BRIGHTVIEW
SENIOR LIVING

SEVERNA PARK

Brightview. Bright *Life!*

Call Megan or
Alan to RSVP.

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