



# Dementia Webinar Series

Free online education program for caregivers of people with Alzheimer's disease and other dementias.

**September 21, 2020** 1:00 - 2:00 p.m.  
"Caregiver Quality of Life and Self-Care"

**October 5, 2020** 1:00 - 2:00 p.m.  
"Just Diagnosed, What's Next?"

**October 19, 2020** 1:00 - 2:00 p.m.  
"Finding Meaningful Activities"

**November 2, 2020** 1:00 - 2:00 p.m.  
"Health and Hygiene"

**November 16, 2020** 1:00 - 2:00 p.m.  
"Planning for Future Care"

**December 7, 2020** 1:00 - 2:00 p.m.  
"Caregiving and the Holidays"



[wehelpcaregivers.com](http://wehelpcaregivers.com)

The Caregiver Support Initiative  
SUNY Plattsburgh

Call Kristen Fleming to  
register or for more  
information. (518)564-2049

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