

FORUMS

PUBLIC



Beat the Holiday Stress

Strategies to support yourself and persons with dementia throughout the holidays.

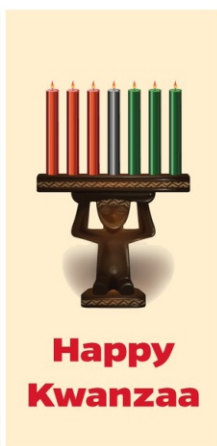
Speaker: Sarah Putman, Manager of Education
Alzheimer Society of Niagara Region

Thursday, November 26, 2020

6:30 - 8:00pm

REGISTER TODAY!

- *Discuss strategies to manage holiday stress*
- *Explore meaningful holiday activities*
- *Discover ways to have enjoyable holiday visits*
- *Learn new ways to use technology*
- *Consider gift giving ideas for persons living with dementia at every stage*



JOIN US ONLINE!
Connection details will
be emailed after
registration.

**[TO REGISTER
please click here.](#)**



All Public Forums
are suitable for
family & friends of
individuals living
with dementia.



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NIAGARA REGION