Planning a Vacation?

Travel Tips & Virtual Travel Experience

Guest Speakers: Jessica Pace

Caregiver WELLNESS
Staying Connected

Wednesday, January 29th, 2020
10:00 - Noon, Pfizer Room

Alzheimer Society of Niagara Region
#1 - 403 Ontario St., St. Catharines

REGISTER TODAY!
905-687-3914
To Register Online:
Click here

Topics include:

- *Strategies to reduce stress while travelling with someone living with dementia*
- *Explore respite options*
- *Experience a virtual armchair travel vacation to Tofino, B.C.*
- *Learn how to create & enjoy your own armchair travel experiences*

In inclement weather please call the office at 905-687-3914 and listen to the voice mail message to confirm the status of this program.

Tofino, British Columbia

SCENT FREE ZONE

Scent Free Zone: Please do not wear perfume, cologne, aftershave, or any other fragrance. For the comfort of everyone using this space, be advised that this policy is enforced. If you are wearing a fragrance, you may be asked to leave the building. Thank you for your cooperation and understanding.