

Living with Dementia: First Steps

Living with Dementia: First Steps is a three-part information and experiential workshop series for people supporting a person recently diagnosed with Alzheimer's disease or another form of dementia.

Part One – Saturday, April 22

9 am – 12 pm

- Overview of dementia
- Activities to experience what it might be like to have dementia
- We're here for you – the Alzheimer Society

Part Two – Saturday, May 13

9 am – 12 pm

- Safety for the person with dementia and their caregivers
- Family perspectives
- Legal & financial matters

Sessions located at:
Windsor Park United Church
1062 Autumnwood Drive

Cost: **\$10** per session

Includes refreshments and resources

Part Three – Saturday, June 17

9 am – 12 pm

- Navigating housing and care options
- Advocating for the person with dementia
- Care for yourself



**Limited
seating!**

Three ways to register:

1. Online at alzheimer.mb.ca
2. Email alzmb@alzheimer.mb.ca
3. Call 204-943-6622
or 1-800-378-6699