



Living Well with Memory Loss and Early Dementia

Although there are no known treatments for dementia that can slow or reverse what is happening in the brain, there are things that can be done that may reduce the symptoms and positively impact daily life. People living with memory loss and/or dementia can take charge of their own health and take steps to live their best.

This seminar presents some brain wellness strategies and the evidence behind them to improve overall health and well-being for the individual with memory loss and their caregiver.

WHEN: 2nd Wednesday of the month
Choose the best date that works for you.

February 6, March 6,
April 3, *or* May 1, 2019

TIME: 12:00 - 1:15 pm
(light lunch provided)

PLACE: Community Room
Dove Healthcare - West Eau Claire
1405 Truax Blvd, Eau Claire

Register online at the Aging & Disability
Resource Center of Eau Claire County:

www.adrcevents.org

or call 715.839.4735 or 888-338-4636

**Registration REQUIRED for lunch by
Friday before session.**

Walk-ins welcome if no lunch needed.



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