

FREE CLASSES

DOOR PRIZES AT EACH EVENT!



HEALTHYBRAIN INITIATIVE

UNDERSTANDING DEMENTIA

April 22nd

3:00 - 4:00 pm
Redding Library

Is it “Just Memory Loss” or
is it Dementia?

Learn about the aging brain and how to recognize dementia-related memory loss in a loved one. Gain a clearer understanding of dementia and Alzheimer's disease.

April 23rd

3:00 - 4:00 pm
Redding Library

Communication Strategies
and the “Do’s and Don’ts”
of Caring for Someone with
Memory Loss

Gain helpful tips for caring for someone with memory loss including how to best communicate, how to help sustain their independence, and how to reduce conflict.



REGISTER AT:

tinyurl.com/46be7jpp

or 530-638-2701



Trainings provided by:
Kelsi Halvarson, MSL

www.shastahealthybrain.com



Shasta County
**Health & Human
Services Agency**

This publication is supported by the California Department of Public Health Alzheimer's Disease Program. The findings and conclusions in this material are those of the author and do not necessarily represent the views or opinions of the California Department of Public Health or the California Health and Human Services Agency.

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HEALTHYBRAIN INITIATIVE

THE PREPARED CAREGIVER



May 6th

1:00 - 2:00 pm
Redding Library

Five Important Documents

Learn the basics about five types of documents every family member should be informed about when caring for a loved one. Documents covered include power of attorney, advance directive, wills, trusts, and beneficiary forms. An overview of conservatorships and guardianships will be provided.

May 7th

1:00 - 2:00 pm
Redding Library

Talking to Doctors

Learn tips for talking to the doctor about your loved one's health. Discover ways to reduce stress and increase your confidence on appointment days.

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FREE EVENT

DOOR PRIZES AND MORE!



HEALTHYBRAIN INITIATIVE



May 29th

12:30 - 1:30 pm

Intermountain Fairgrounds,
Flower Building

Caring for Someone with Memory Loss

Learn about the aging brain and how to recognize dementia-related memory loss while also learning tips for caring for someone with memory loss.

Important Documents for Every Family Caregiver

Take some of the stress out of caregiving by learning five documents every family member should have, and what happens to your loved one if you can no longer care for them.

REGISTER AT:

tinyurl.com/3ksdcv9a

or call/text 530-638-2701



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