

Do you care for someone with memory loss or dementia?

Join Us For  
**Building Better  
Caregivers**

*Tuesdays July 8 - August 12, 10:00 a.m. - 12:30 p.m., CST*



**You will learn about:**

- Reducing stress for your family member and yourself
- \* Caring for yourself
- Dealing with difficult emotions
- Managing your family member's behavior
- \* Planning for the future
- Finding resources

**Registration required contact:**

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682-433-0375



**Dementia Friendly**  
North Central/East Texas