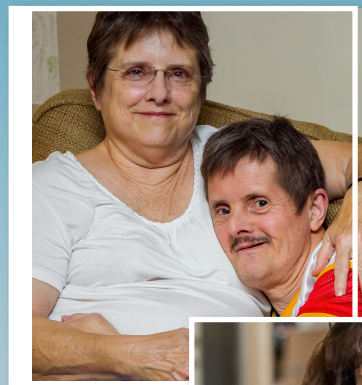


Do you care for someone with memory loss or dementia?

Join Us For
**Building Better
Caregivers**

*Six consecutive Tuesdays, November 12 - December 17
12:00 noon - 2:30 p.m. (Central Standard Time)*



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:

JHarwell@nctcog.org
682-433-0375



Dementia Friendly
North Central/East Texas