



FREE Half-Day Workshop!

Caregiving Survival PLUS Caring for a Loved One With Dementia

Dementia caregiving expert Jill Gafner Livingston will offer tips and tools on managing the stress of caregiving. Her inspirational seminar is designed with the family caregiver in mind and will encourage positive thoughts and behaviors.



Jill Gafner Livingston, BSBM, Certified Dementia Practitioner (CDP), Certified Alzheimer's Disease and Dementia Care Trainer (CADDT). Author, "Personal Positioning for Caregivers." Supporting caregivers since 2006 through radio, television and national seminars.

Virtual Workshop!

Two Upcoming Dates:

Tuesday, September 22

1:00 p.m. to 2:30 p.m.

(hosted by Novi Civic Center)

Tuesday, September 29

Noon - 1:30 p.m.

(hosted by Life Skills ADS)

Join with your smartphone, computer or tablet. Phone option also available.

To register, email

wellnessprograms@aaa1b.org

or call 833-262-2200

