Caregiver Course
September 3 – October 15, 2014
Esther Lara, MSW

UC Davis Alzheimer’s Disease Center
Wednesdays, 4:00 – 5:30 p.m.

The UC Davis Alzheimer’s Disease Center is offering a seven week course on caregiving. Topics include: meditation, stress reduction, feelings and communication, managing challenging situations, making difficult decisions, patience and acceptance.

Ms. Lara is a clinical social worker with over 20 years of experience in Alzheimer’s disease and related dementias.

This class is open to individuals who serve in a caregiver role to those with memory problems, Alzheimer’s disease or other dementias. Class enrollment is limited to 20 people.

UC Davis Alzheimer’s Disease Center
4860 Y Street, Suite 3900
Sacramento, CA 95817

Registration:
(916) 734-5223

Facebook: UC Davis Alzheimer's Disease Center