

We are pleased to invite you to part three of our three-part Wise Aging series on dementia.

Strategies for Caring for the Caregiver

In part three of our three-part series on dementia, we will be exploring:

- How to take care of yourself first
- Respite care
- Strategies for addressing fatigue, anger, depression, lack of sleep
- Dealing with denial, isolation, new personal health changes

Donations Welcome - \$18 or whatever you can give. No one will be turned away.

MUST RSVP by June 5, 2025 to attend in-person or to get the Zoom link. RSVP is also required to receive the event recording.

Visit ncjwsac.org/events/strategies-caring-for-caregiver/ or scan the QR code to RSVP and make a donation.



NCJWSAC[®]

National Council of Jewish Women
Sacramento Section

1:00 PM - 3:00 PM
IN-PERSON OR ZOOM

8
JUNE

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CULTURAL CENTER

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SACRAMENTO