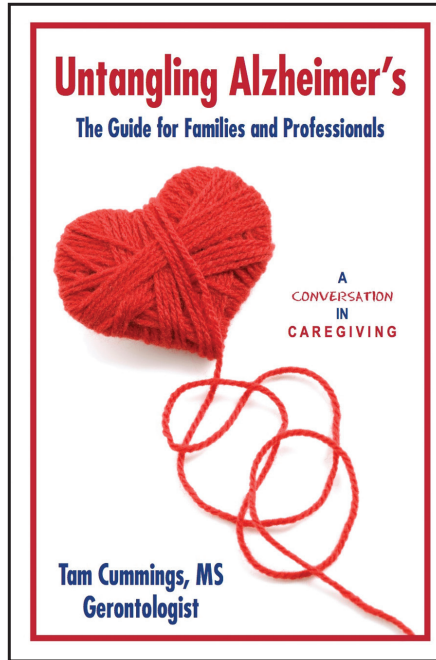


Coping with Caregiver Stress

Free Dementia Education Seminar



**Wednesday
August 21, 2019**

2:00 pm - 2:30 pm

**Registration and Vendor
Tables**

2:30 pm - 4:00 pm

Seminar

Bethel Lutheran Church
3166 McMullen Booth Rd.
Clearwater, FL 33761

Featuring Guest Speaker **Tam Cummings, Ph.D., M.S., Gerontologist**

Author, *Untangling Dementia: A Guide to Understanding
Alzheimer's Disease and Other Dementias*

Therapists estimate dementia family caregivers suffer the highest levels of anxiety and depression of any group of caregivers. In this practical presentation, Tam covers the signs and symptoms of depression and anxiety, and their physical impact on caregivers. She also teaches and practices with audience members a number of proven, easy techniques to control and relieve stress.

At Arden Courts we offer:

- **100% Dedicated Memory Care**
- **Safe, secure indoor/outdoor walking paths**
- **Nursing services on-site**

**RSVP by calling (727) 771-1600
or e-mailing
PalmHarbor@arden-courts.com**



arden-courts.com



Assisted Living Facility License #9193



Arden Courts 
Memory Care Community



2895 Tampa Road
Palm Harbor, FL 34684