



Dealing with Dementia

Supporting Family members who have a caring role in Scotland

Join Us for an online zoom course for Learning, Relaxation, and Connection!

Learn more about boosting your health and wellbeing - *Join Izzy Valenti, & Karen Taylor every week for 5 weeks, Both facilitators have had caring responsibilities. Please make sure you can commit to all 5 sessions*

Dates: Course 1 starts January 29th 2024 13:30 for 5 weeks same time each Monday for 1.5 hrs

Course 2 starts February 14th 2024 10:45 am for 5 weeks for 1.5 hours

Are you a caregiver supporting a family member with dementia living in Scotland ? Join us for a this zoom course dedicated to your well-being and growth. Discover how to minimize the negative impacts of stress, boost your mood with some easy techniques, and learn how to enhance your mood and wellbeing.

Activities:

- Engage in interactive discussions
- Learn relaxation and stress management techniques
- Participate in mood-boosting exercises
- Explore the beauty all around us
- Great company
- Find peer support

Registration

- **Limited Places:** Reserve your spot by 24th January 2024 for course 1 or 10th February for course 2
- Register by e-mail to karen@workingtorecovery.co.uk, or tel 07884268192
- **Bring and an Open Heart**
- **This is a free event -funded by About Dementia**