# THE EMPOWERED CAREGIVER

An education program presented by the Alzheimer's Association®

**Want to show up as the strongest version of yourself—for you and the people you love? Build the skills that help you thrive in this role and feel confident doing it.**

## Join Us in a Two-Part Series
## Monday, February 22nd, and March 1st
## 6-7:30pm



Caring for someone living with dementia brings a unique set of challenges and rewards. Learn to navigate the responsibilities of middle and late stage caregiving in this education program.

**Topics in the program include:**

» Building foundations of caregiving.
» Supporting independence.
» Communicating effectively.
» Responding to dementia-related behaviors.
» Exploring care and support services.

**Monday, Feb 22nd**
**Monday, March 1st** | **6-7:30 pm**

**Alliance Room**
***3rd floor Memorial Building***
***101 S Lincoln, Chanute, KS***

**A light meal will be provided, Please RSVP to 620-244-3826 or tsolomon@ksu.edu**

Visit **alz.org/CRF** to explore additional education programs in your area.

Brought to you by Kansas State University | Extension Southwind District

ALZHEIMER'S ASSOCIATION®

This institution is committed to providing equal opportunity for participation in all programs, services, and activities. Program information may be available in languages other than English. Language access requests and reasonable accommodations for persons with disabilities, including alternative means of communication (e.g., Braille, large print, and American Sign Language), may be requested by contacting the event contact Tara Solomon-Smith four weeks prior to the start of the event, at 620-244-3826. Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information, will be provided free of charge to limited English proficient individuals upon request.
Kansas State University is an equal opportunity provider and employer.