



in partnership with

FIU | Nicole Wertheim
College of Nursing
& Health Sciences
FLORIDA INTERNATIONAL UNIVERSITY



If you have a loved one with Alzheimer's, or are caring for someone with AD or a related dementia, there is now a course that will help you learn not just theory but hands-on strategies!

Managing Alzheimer's and Dementia for the Caregiver

This course has been created specifically for the *Caregiver*. You will learn about the various stages of these disorders and be taught:

- Prevention and redirection techniques to help manage difficult behaviors
- Practical, hands-on methods of caregiving and tips for assisting with activities of daily living
- Stress reduction techniques to help manage stress

Saturday, February 1, 2020 from 9:00am-4:00pm

**** FREE LUNCH PROVIDED ****

Facilitated by:

Dr. Hector Huerta & Professor Rebecca Mojica

FREE RESPITE CARE AVAILABLE FOR YOUR LOVED ONE IF NEEDED

**Registration required, please contact:
Carolina Hoires, LCSW at 305-856-8940 X104**

**Florida International University
Nicole Wertheim College of Nursing & Health Sciences
11200 SW 8th Street - AHC 3, Room 409; Miami, FL 33199
FREE PARKING AVAILABLE in Parking Garage 5 (PG5)**