



Alzheimer's  
Resource  
of Alaska



## Caregiving 101 Webinar: **Activities of Daily Living** part 2 of 2

**Saturday, January 9**

1:00 PM - 2:30 PM

**CLICK HERE TO REGISTER**

**For more information or  
registration assistance:**

Gay Wellman

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Bathing, dressing, eating, using the bathroom; these basic daily activities can drastically change for our loved ones when dementia is present. Learn helpful tips and tools on making these activities easier for caregivers and more pleasant for our loved ones.

*Free to attend! Registration required. Share with friends and family.*