



**Alzheimer's  
Resource  
of Alaska**



Professional Webinar:

## **Supporting Caregiver Well-being**

**Tuesday, March 16**

12:00 PM - 1:00 PM

**CLICK HERE TO REGISTER**

**For more information or  
registration assistance:**

**Amber Smith**

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*Free to attend! Registration required.*

Caring for a person living with dementia can be stressful. Come learn how to better support the family caregivers you serve. This webinar will highlight tools and resources caregivers can use for self-care to build resiliency and ultimately increase the quality of life for themselves and those for whom they care.

This educational offering provides 1 (one) continuing nursing education contact hour. *Alzheimer's Resource of Alaska is approved as a provider of nursing continuing professional development by Montana Nurses Association, an accredited approver with distinction by the American Nurses Credentialing Center's Commission on Accreditation.*