



Alzheimer's
Resource
of Alaska



Caregiving 101 Webinar: **The Grieving Caregiver**

Monday, November 15

1:00 PM - 2:30 PM

[CLICK HERE TO REGISTER](#)

**For more information or
registration assistance:**

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Providing care to a loved one who is suffering through a terminal illness is highly stressful in itself. With Alzheimer's disease, or any form of dementia, a good deal of stress can come from adjusting to new challenges and mourning losses each day. Then, once a loved one has passed, there is the added task of reclaiming or redefining one's own identity.

Please join us for a presentation by guest speaker Ken Helander to talk about grieving, loss and caring for a person with dementia.

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