



**Alzheimer's  
Resource  
of Alaska**



Caregiving 101 Webinar:

# **Activity Box Ideas for People Living with Dementia**

**Tuesday, March 22**

1:00 PM - 2:30 PM

[CLICK HERE TO REGISTER](#)

**For more information or  
registration assistance:**

**Kimberly Jung**

✉ [kjung@alzalaska.org](mailto:kjung@alzalaska.org)

☎ [907-746-3413](tel:907-746-3413)

People with dementia need activities where they can feel productive and engaged. Being engaged in a successful activity reduces agitation, anxiety and boredom. Activity boxes have many benefits such as preserving fine motor skills, providing feelings of self-worth, and satisfying sensory needs. In this class you will learn how to create fun and engaging activity boxes!

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