



Alzheimer's
Resource
of Alaska



Caregiving 101 webinar:

How to Gain the Rewards of Being a Caregiver

Saturday, May 21

1:00 PM - 2:30 PM

[CLICK HERE TO REGISTER](#)

**For more information or
registration assistance:**

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Free to attend! Registration required.

Caregiving is often stressful. It can also be demanding and time consuming. Yet, despite these challenges, many identify the feelings of self-fulfillment they get from caregiving as very rewarding. Join us to explore what gets in the way of being able to find that self-fulfillment and what we can do to claim it.