



**Alzheimer's
Resource
of Alaska**



**HOSPICE
of HOMER**

Compassion in Action



Talking Dementia

Caregiver Self Care

Saturday, February 18

10:00 AM - 11:30 AM

[CLICK HERE TO REGISTER](#)

For more information:

Debbie Chulick

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☎ [907-561-3313](tel:907-561-3313)

Free to attend! Registration required.

Taking care of yourself is important. It's important for you and essential for the person who needs your care.

Join us to learn some self-care techniques you can incorporate into your busy days. Develop a plan to effectively balance caregiving duties and your own well-being.