



**Alzheimer's
Resource
of Alaska**



Caregiving 101:

Wandering and Dementia

Online Webinar

Monday, December 11

1:00 PM - 2:30 PM

[CLICK HERE TO REGISTER](#)

Free to attend! Registration required.

– OR –

Wasilla – In-Person Class

Tuesday, December 12

1:00 PM - 2:30 PM

Free to attend! No registration required.

Most of us can relate with wanting to take a walk, wanting to get out and about. People living with dementia are no different. Walking is not the problem in itself – walking can help to relieve stress and boredom and is good exercise. However, for those living with dementia, walking or wandering can put them at risk for injury or getting lost.

Join us to develop an understanding of this common behavior and explore options that support individual autonomy while easing safety concerns.

For more information or registration assistance:

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