



**Alzheimer's
Resource
of Alaska**



Caregiving 101

Communication Tips for Caregivers

Anchorage – In-Person Class

Monday, January 8

1:00 PM - 2:30 PM

Free to attend! No registration required.

– OR –

Online Webinar

Tuesday, January 9

1:00 PM - 2:30 PM

[CLICK HERE TO REGISTER](#)

Caring for someone with dementia? Come learn some tips that can make your communication clearer, reduce frustration, and improve quality of life—for both of you!

For more information or registration assistance contact

Kelly Bertrand: ✉ kbertrand@alzalaska.org ☎ [907-561-3313](tel:907-561-3313)