Are you caring for a loved one with Alzheimer’s Disease or Related Dementia?

Join us for ACES!
Practice stress management, learn to manage difficult behaviors, learn new ways to elevate your mood while caregiving.

When: Tuesdays
February 18, 2020
February 25, 2020
March 3, 2020
March 10, 2020

Where: Brookdale University Park
400 University Park Drive
Birmingham, AL 35209
2nd Floor Assisted Living Dining Room

Time: 10:00-11:30am

Please contact Leanne Messer at kmesser@brookdale.com or 205-613-0688 to register.