

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

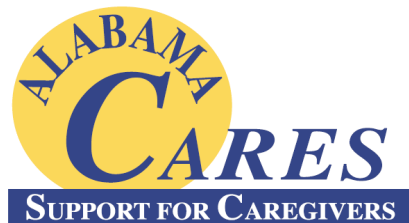
March 3, 2020

March 10, 2020



ASSISTING
ALL AGES AT
ALL STAGES

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.



BROOKDALE

UNIVERSITY PARK

SENIOR LIVING SOLUTIONS