

CHANGING ROLES IN CAREGIVING

A DAY FILLED WITH FINDING NEW WAYS TO LOOK AT YOUR LIFE, YOUR LOSSES, AND LOVE FOR ONE ANOTHER.



FRIDAY, APRIL 28TH | 9:30 AM – 2:30 PM | TWO SESSIONS + LUNCH

Located at SilverCreek on Main, 8200 Main St. N, Maple Grove, MN 55369 (*FREE TO ATTEND*)

SESSIONS:

LIVE GRACIOUSLY ALONGSIDE DEMENTIA: TIPS & TRICKS

Lori La Bey shares real-life stories from her caring journey with her mother who lived with dementia 30 years. Walk out with tips, tricks, and tools which are easy to implement. Resources and stories you can share with others coping with dementia. Through Lori's authentic style, you will feel understood, uplifted, stronger, and supported to live graciously alongside your loved one.

YOUR WORDS & THOUGHTS IMPACT HOW YOU CARE

Open your eyes to the power of your conscious and unconscious thoughts. How your delivery style matters when caring for yourself or others. Don't worry this won't be highly technical, it will be story-based but exposes how our approach to care and getting tasks done can affect how others perceive us. Receive simple resources to help you reduce stress and preserve sanity for both you and the one you are caring for.

**PRESENTED BY LORI LA BEY;
AUTHOR & FOUNDER OF
ALZHEIMER'S SPEAKS**



La Bey has been a caregiver throughout her life and is actively shifting dementia care globally from crisis to comfort. She is nationally/internationally known and recognized by Oprah and Maria Shriver for her work. Lori is known as a connector and collaborator to enhance life. You can see all of her initiatives and free educational resources at www.alzheimersspeaks.com.

TAKE CHARGE OF YOUR JOURNEY & RESERVE EARLY, SPACE IS LIMITED.

RSVP BEFORE APRIL 24TH TO HEIDI AT 763-955-1750.