

Soci t  Alzheimer Society

OTTAWA AND RENFREW COUNTY

Next Steps for Families

A First Link learning series for family members and friends of individuals with dementia



Thursdays 1:00 - 3:00 p.m.
Dates: July 9, 16, 23rd, 2009

Location: Perley and Rideau Veterans' Health Centre
1750 Russell Road
Boardroom – 2nd floor

Parking: \$4.00

This 3 - week learning series provides an introduction to Alzheimer's disease and dementia. We will discuss topics such as: the different types of dementia, the resulting changes in the brain, planning for the future and helping your family member to remain independent for as long as possible.

Session Topics:

- Understanding Dementia
- Brain and Behaviour
- Planning Ahead for Future Care

Please note: this series is NOT for the person with dementia. This series is for the family caregiver.

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Space is limited. To register, please call: 613-523-4004



Alzheimer Society of Ottawa and Renfrew County in
collaboration with the Champlain Dementia Network

1750 Russell Road, Suite 1742, Ottawa, Ontario K1G 5Z6
Tel: 613-523-4004 Fax: 613-523-8522 Email: info@asorc.org Website: www.alzheimer-ottawa-rc.org

Charitable Registration No. 11878 5013 RR0001