We are excited to offer dementia education to help family caregivers and our whole community navigate the challenges of the dementia journey. There is no cost; registration is encouraged, but walk-ins are always welcome.

**Weekly workshops in dementia care**

**Thursday, Nov. 2 10-11:15 a.m.**

**Celebrating the Holidays with Persons Living with Dementia**
This presentation focuses on helpful tips to safely and successfully navigate common holiday season challenges.

**Presenter:** Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

**Thursday, Nov. 9 10-11:15 a.m.**

**Easing the Stress of the Season**
As the holidays approach, let’s review and practice simple mindfulness methods that can be woven into each day for caregiver resiliency and well-being.

**Presenter:** Maribeth Gallagher, DNP, PMHNP-BC, FAAN
Dementia Program Director

**Thursday, Nov. 16 10-11:15 a.m.**

**Music as Medicine Part 2: Sounds of the Season**
Let’s create a customized playlist of holiday songs heard over a lifetime that may rekindle joy and connection for the person living with dementia.

**Presenter:** Amanda Marcum, MT-BC
Board-Certified Music Therapist

**Thursday, Nov. 23**

No session due to Thanksgiving holiday

**Thursday, Nov. 30 10-11:15 a.m.**

**“Navigating Dementia” Panel**
Join our dementia experts for a Q&A session to begin untangling the challenges of living well with dementia and explore community resources available.

**Presenters:**
- Maribeth Gallagher, DNP, PMHNP-BC, FAAN
  Dementia Program Director
- Calli Carlson, OTR/L, CLT
  Dementia Campus Occupational Therapist
- Nicole Crothers, LMSW
  Dementia Educator

**Dementia Bytes • Thursdays, noon–12:45 p.m.**

**Thursday, Nov. 2**

Can’t make it? **Join us on Zoom** for a 45-minute version of a similar topic each Thursday. No need to register.

**Format:** 30 minutes of education, 15 minutes of moderated Q&A

**Join Zoom meeting:**
[https://hov.zoom.us/j/87482264963?pwd=Qm1uVmdMQ19EcWtPaGFS1dZN2U5QT09](https://hov.zoom.us/j/87482264963?pwd=Qm1uVmdMQ19EcWtPaGFS1dZN2U5QT09)

**Meeting ID:** 874 8226 4963  |  **Passcode:** 401031

**QUESTIONS?**

Call **(602) 767-8300**

Email [events@dementiacampus.org](mailto:events@dementiacampus.org)

Each week, our professional caregivers will prepare engaging activities for your person with dementia so that you can attend these sessions in person.