

Do you care for a family member or friend with dementia? Attend our carer workshops in Barnet for information and support



For more information about enrolling for your local Carer Information and Support Programme please contact the Alzheimer's Society local office on **020 8937 7171** or barnet@alzheimers.org.uk

Your local workshop will run for four consecutive weeks and is taking place between 1pm – 3.30pm, on the following Monday's:

- 30th November 2015
- 7th December 2015
- 14th December 2015
- 21st December 2015

Topics covered are:

- understanding dementia - understanding change as dementia progresses - living with change as more help is needed - living well as dementia progresses -