Active Caregiving: Empowerment Skills Caregiver Workshop

Neuroscience Supportive Care Program

Sponsored by Stanford Alzheimer's Disease Research Center and the Aging Adult Services' Memory Support Program, this is a small interactive group workshop for caregivers of people with Alzheimer's disease and related dementias. This free evidence-based workshop will help you learn concrete skills to better manage stress and challenging behaviors.

Registration required.

NIH Stanford ALZHEIMER'S DISEASE RESEARCH CENTER for healthy brain aging

Dates:	Wednesdays for 6 consecutive weeks Session 6: 10/31, 11/7, 11/14, 11/28, 12/5, 12/12
Time:	1:30pm - 3:30pm
Location:	Stanford Neuroscience Health Center 213 Quarry Road, Basement Floor, Room 0511 Palo Alto, CA 94304
To register:	Call 650-723-7616
Website:	www.stanfordhealthcare.org/nscp

The Stanford Supportive Care Program provides free classes, workshops, fitness classes, services, and support to all neuroscience patients regardless of where they receive their care.

Stanford HEALTH CARE