



At Town Square®, we focus on what people **CAN** do.

By getting to know each person & understanding the deficits & the intact abilities associated with dementia, we create a supportive program through our environmental design & meaningful, purposeful activities.

This program was made possible by a grant from:



To hear from last year's participants, please visit (youtu.be/60GUuGP6pmM)

Family Caregiver Education & Respite Program

Caregivers of loved ones with dementia are eligible to participate in a 8-week program that provides **FREE** classes for caregivers & **FREE** respite care for loved ones.

- Information about dementia
- How to care for your loved one with dementia
- How to care for yourself as a caregiver
- Activities that you can do with your loved one
- An opportunity to practice what you've learned, outside of the classroom

Classes & respite care will be held on site at
Town Square®.
10 a.m. - 2 p.m.

2765 Main St. | Ste. A | Chula Vista, CA 91911

Classes & Respite Care

10/18/22
11/01/22
11/15/22
11/29/22

Respite Care Only

10/25/22
11/08/22
11/22/22
12/06/22

FOR MORE INFORMATION, E-MAIL
DEMENTIACAREEDUCATION@GLENNER.ORG OR CALL 619-864-7216.
TO ENROLL, VISIT WWW.GLENNER.ORG