



*Are you caring for a loved one with dementia?*

*Could you use help understanding what's going on & what to do next?*

# THE DEMENTIA CHALLENGE

- Join us on the beautiful patio of our "Little Blue House" (AKA our Hillcrest Day Center)\*
- Participate in a hands-on experience that simulates the confusion, sensory & cognitive changes felt by someone with dementia
- Engage in discussion to process & understand your experience & to empathize with people with dementia
- Review the basics of dementia
- Discuss how understanding sensory & cognitive changes experienced by people with dementia helps us to adapt an environment, interaction or activity to engage & support them



**Thursday, June 30, 2022  
10:00 am - 12:30 pm**

**Hillcrest Glenner Center  
3686 Fourth Avenue  
San Diego, CA 92103**

**Register Today!\***  
**[hillcrest@glenner.org](mailto:hillcrest@glenner.org)**  
*\*Limited to 10 guests*

*\*coffee & snacks will be available*