

Dementia Friendly Holidays

FRIDAY, NOVEMBER 15TH 12:30 PM - 1:30 PM

Why are holidays difficult for individuals with cognitive change? New sights, sounds and activities that can occur can be overstimulating and overwhelming. This can result in discomfort for the person experiencing dementia, and challenging situations for care partners. Modifying holiday traditions and managing unrealistic expectations can reduce stress for care partners, as well as individuals living with cognitive changes.



FREE EDUCATION CLASSES AT YORBA LINDA COMMUNITY CENTER

Yorba Linda Community Center

4501 Casa Loma Ave

Yorba Linda, CA 92886

RSVP Required

Call 714-961-7181



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