

# Alzheimer's OC Club, Laguna Woods Village

## Managing Caregiver Stress

To care well for others, we must also care for ourselves. When a loved one becomes ill, this can become challenging. Join us for a special conversation with Ben Allen from Alzheimer's Orange County. In this presentation, you will learn strategies to help you remain strong and healthy as a caregiver.

**Monday, January 13, 2020**

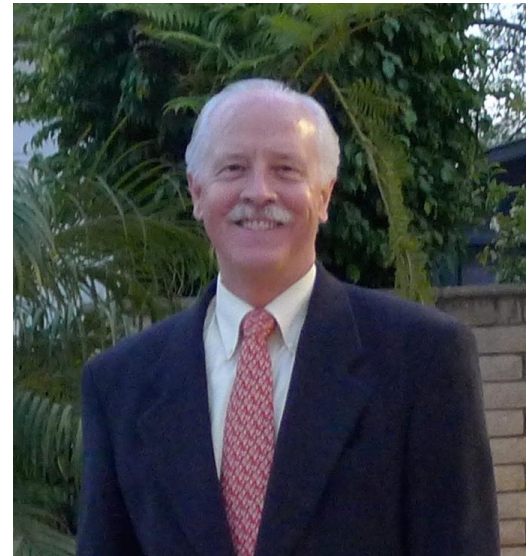
10:00 a.m. – 12:00 p.m.

### Alzheimer's OC Club

#### Meeting and Information Session

23822 Avenida Sevilla, Clubhouse 3, Room 2  
Laguna Woods, CA 92637

No cost to attend.  
RSVP not required.



**Ben Allen**

Education Specialist at  
Alzheimer's Orange County

*Light refreshments provided  
by: **Adapt2It** Home Medical  
Supply*

The Alzheimer's OC Club's mission is to increase awareness and understanding about Alzheimer's disease and related dementias, offer help to people affected, their caregivers and loved ones, and provide support to sustain and extend the programs of Alzheimer's Orange County.

For more info contact Club President, Sunshine Lutey, Phone: 949-278-6454; Email: [SunshineLutey@gmail.com](mailto:SunshineLutey@gmail.com)