



# Know Better, Do Better

## Weekly workshops in dementia care

We are excited to offer dementia education to help family caregivers and our whole community navigate the challenges of the dementia journey. **There is no cost, but registration is required for each session you would like to attend in January.**

**Thursday, Jan. 5**

### Understanding the Journey of Dementia

**9 a.m.–Noon**

A three-hour workshop to explore dementia and its progression, learn to maintain meaningful connections and discuss ways to reduce stress.

**Thursday, Jan. 12**

### Dementia Moments (optional)

**9–10 a.m.**

An experience that presses participants to perform some everyday tasks as if they were living with Alzheimer's or another dementia.

### A Mindful Approach to Well-being Part I

**10–11 a.m.**

Start the year with an intention to better care for yourself. Mindfulness practices in their many forms have been shown to cultivate resiliency and optimize health. In this 2-part series, we will discuss and briefly practice a variety of evidence-based mindfulness practices that can be easily integrated into daily life.

**Thursday, Jan. 19**

### A Mindful Approach to Well-being Part II

**10–11 a.m.**

Start the year with an intention to better care for yourself. Mindfulness practices in their many forms have been shown to cultivate resiliency and optimize health. In this 2-part series, we will discuss and briefly practice a variety of evidence-based mindfulness practices that can be easily integrated into daily life.

**Thursday, Jan. 26**

### Gentle Yoga for the Dementia Care Partner

**10–11 a.m.**

Learn how to incorporate gentle yoga into your routine to support your caregiving and as an activity to enjoy with your loved one with dementia.

Special guest speaker: Nell Ivie, MSN-L, RN, Hospice of the Valley

*Activities for your person living with dementia may be available while you attend any of these events. Please contact us, if needed.*

### Location

Dementia Care and Education Campus  
3811 N. 44th St.  
Phoenix, AZ 85018  
[dementiacampus.org](http://dementiacampus.org)

### Speaker:

#### Maribeth Gallagher

Dr. Gallagher directs Hospice of the Valley's Dementia Program, which has received national and international awards for its innovative approaches to dementia care. She is a psychiatric nurse practitioner with a doctoral degree in nursing. Her commitment to improving dementia care was initially inspired by her own experience as a family caregiver, sharing the journey with her loved one from diagnosis to death.

For questions or to register: email [events@dementiacampus.org](mailto:events@dementiacampus.org) or call **(602) 767-8300**



**DEMENTIA CARE  
and EDUCATION  
CAMPUS**

3811 N. 44th St. Phoenix, AZ 85018 (602) 767-8300 [dementiacampus.org](http://dementiacampus.org)

*An innovation of Hospice of the Valley*