



*A Dementia-Friendly
approach to*
**Holiday
Planning**

**Tuesday, Nov. 18
1–2:30 p.m.**

Dementia Care and Education Campus

3811 N. 44th St., Phoenix, AZ 85018

Keep the holidays joyful with practical strategies that instill a sense of belonging for people living with dementia and their families.

Dementia Program Director Maribeth Gallagher will lead a workshop to help you:

- **Modify holiday traditions** to align with the abilities of the person living with dementia.
- **Create a calm and supportive** environment that curbs stress and sensory overload.
- **Communicate with family and friends** about expectations and ways they can support a dementia-friendly holiday.
- **Create moments of joy** through personalized approaches to gift-giving, meals and gatherings.

We're happy to offer staff-led activities to people living with dementia while care partners attend this free workshop. Please call or email to reserve a spot.

For questions and to RSVP: email events@dementiacampus.org or call (602) 767-8300



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and EDUCATION
CAMPUS**

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