

**Pleasant Senior Center
Book Club**

Dementia Self-Management

DEER at UNR School of Public Health

**Information, education, support, engagement all
combined with rich discussion and interaction.**

Thursdays, 9-10:30 at Pleasant Senior Center

March 14 – Introduction and Overview

March 21 – Planning Your Healthcare

March 28 – Planning Your Lifestyle

April 18- Making Sense of Dementia

April 25 – Connecting with Others

May 2 - Focusing on the Possibilities

All materials included and offered in advance.

Coming up...

Savvy Caregiver – presented by Cristine Marcos

**Perez of the Alzheimer's Association; May 31, June
7, 14, 21, 28, July 3 at HGH cpmarcos@alz.org**

REST – Respite Education and Support Training TBA

Encore: Powerful Tools for Caregivers TBA

