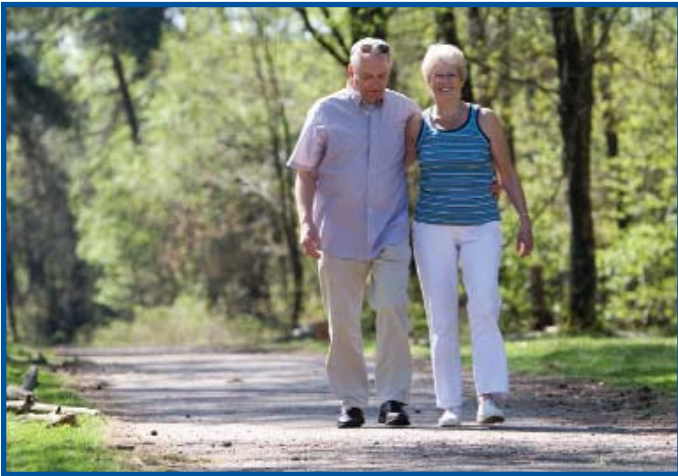


# SHAPING THE JOURNEY: *living with dementia*<sup>®</sup>



Shaping the Journey: *living with dementia*<sup>®</sup> is an educational program designed specifically for people experiencing the early symptoms of Alzheimer's disease or another dementia as well as a care-partner family member, or friend.

It is for people who want to explore the journey ahead in a positive and supportive environment.

## Five sessions (2 hours each) will cover:

- The Brain and Dementia
- Hearing the Diagnosis
- Maintaining your General Health
- Life After Diagnosis
- Planning Ahead
- Maintaining your Spirit

**Dates:** Wednesdays: October 12, 19, 29, November 9 & 16

**Time:** 1 – 3 p.m.

**Location:** Covenant Church at the Junction  
2840 Eden Road South Slokan

**Cost:** \$5 per person, per session.

**To Register Contact:** 250-365-6769 or 1-855-301-6742  
jleffelaar@alzheimercbc.org

*Pre-registration is required.*

**Partially funded by:**