

# help and hope

alzheimer's association™

for people diagnosed with MCI  
and related dementia

**Saturdays, February 3 & 10**

**10 a.m. – 3 p.m.**

**Valle Verde Senior Living**

**900 Calle de Los Amigos**

**Santa Barbara**

***Don't miss this once a  
year opportunity!***

## **TOPICS**

**Understanding Diagnosis**

**Communication Strategies**

**Strong Body – Strong Mind**

**Care for Self  
Care for Others**

**Brain Fitness Strategies**

**Art Therapy**

**Help and Hope** provides essential information to promote quality of life and family health.

In a 2-day seminar, families attend lectures and workshops specially designed for people in the early stages of memory loss and their partners.

There is no charge for participation. Space is limited and registration is required.

To register or more information, please contact Marcy Oswald at

**805.892.4259 x111**

**or [moswald@alz.org](mailto:moswald@alz.org)**

*Help and Hope is a program of the  
Alzheimer's Association California Central Chapter*

**Co-Sponsored by**

**Valle Verde**

a human good community