

# help and hope

alzheimer's association™



*seminar for people diagnosed  
with dementia and their families*

**Saturdays, May 6 & 13**  
**10 a.m. – 3 p.m.**  
**Valle Verde Senior Living**  
**900 Calle de Los Amigos**  
**Santa Barbara**

## TOPICS

**Understanding the Diagnosis**

**Communication Strategies**

**Strong Body – Strong Mind**

**Legal and Financial Issues**

**Brain Fitness Strategies**

**Laughter 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 Alzheimer's disease or related dementias 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

**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*