

Weber/Morgan Area Agency on Aging & Caregiver Support Program Presents: **FREE Caregiver Education Series**

At Weber Human Services

Lunch will be provided for those attending in person

**SEP
19**

*"Safe on Your Feet:
Movement,
Mindfulness, and Fall
Prevention"*

**SEP
26**

*"Hazards to Harmony:
Small Changes, Big
Impact"*

**OCT
03**

*"Pass the Torch:
Learning from
Caregivers Who Know"*

**OCT
10**

*"Planning Ahead:
Financial Tools and
Long-Term Care"*

**OCT
17**

*"Caring for the Mind:
An Introduction from
the Alzheimer's
Association"*

**OCT
24**

*"Whole-Person
Wellness: From
Prescriptions to
Prevention"*

**OCT
31**

*"Preparing with
Purpose: Making Hard
Choices Easier"*

**NOV
07**

*"Healing Harmonies:
Music as Medicine for
the Mind"*

All Classes are from **12pm - 1pm** in the Auditorium (3rd floor @ 237 26th St Ogden, UT 84401).

For more information and to **RSVP** contact Karla Fulton @ **801-625-3866**

Zoom Option Available
Meeting ID: 87196620663 Password: 040828

SEPTEMBER 19

"Safe on Your Feet: Movement, Mindfulness, and Fall Prevention"

Stephanie Carlson

Tips on fall prevention and a guided Tai Chi session designed to improve balance, strength, and confidence in daily movement.

SEPTEMBER 26

"Hazards to Harmony: Small Changes, Big Impact"

Burk Maign PT

Focuses on identifying and addressing common household hazards, offering practical tips to make the home safer and more supportive for older adults.

OCTOBER 03

"Pass the Torch: Learning from Caregivers Who Know"

Panel of experienced caregivers for an open Q&A session where they'll share personal insights, lessons learned, and practical advice from their own caregiving journeys.

OCTOBER 10

"Planning Ahead: Financial Tools and Long-Term Care"

Explores the basics of financial planning and including an introduction to long-term care and helping caregivers make informed decisions.

OCTOBER 17

"Caring for the Mind: An Introduction from the Alzheimer's Association"

Alzheimer's Association

Provides caregivers with essential knowledge about dementia, its progression, and practical strategies for compassionate, effective support.

OCTOBER 24

"Whole-Person Wellness: From Prescriptions to Prevention"

Christine Jacobson-Ware: Wasatch Pharmacy Care.

Focusing on stress with functional medicine and how it impacts our health and encourages health

OCTOBER 31

"Preparing with Purpose: Making Hard Choices Easier"

Alan Ormsby - AARP.

Learn the importance of advance directives and help caregivers will gain clarity and confidence in supporting their loved ones' values and decisions.

NOVEMBER 07

"Healing Harmonies: Music as Medicine for the Mind"

Emily Christensen - Jewish Family Services

Art-based programs for seniors living with dementia and hospice. Presenting how music can help with those with dementia.