

# A Free Educational Series for Caregivers!

Please RSVP at (801) 625-3866 or Register via QR Code.

## RESOURCES • RESPITE • HOPE

Eight free classes will be held in person at Weber Human Services Auditorium (3rd Floor, 237 26th St., Ogden), 12:00-1:00 pm, Tuesdays (a Zoom option is available). Home-visit respite services are available while you are in the meeting. Lunch will be provided for in-class attendees. RSVP Karla at (801) 625-3866 or online via QR Code:

WEBER HUMAN SERVICES



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alzheimer's association

3/5/2024 "It's Been Lovely, but I Have to Scream Now!"

3/12/2024 Slow and Steady: Movement for Life

3/19/2024 "Give Me a Break, Give Me a Break..."

3/26/2024 End-of-Life Issues

4/2/2024 Healthy Living for Your Brain and Body

4/9/2024 "I've Bit Off More Than I Can Chew"

4/16/2024 Home Health 101

4/23/2024 Prepare to Care

For more information and to R.S.V.P., call

Karla Fulton at (801) 625-3866