

Weber/Morgan Area Agency on Aging & Caregiver Support Program Presents:

# FREE Caregiver Education Series

At Weber Human Services  
237 26<sup>th</sup> St Ogden, UT 84401  
Lunch will be served

MARCH  
**4**  
*"It's Been Lovely, But I Have to Scream Now"*

MARCH  
**11**  
*"Home Health and Hospice 101"*

MARCH  
**18**  
*"Wellness, Longevity, and Piece of Mind"*

MARCH  
**25**  
*"Safety in Motion"*

APRIL  
**1**  
*"Holding on, Letting Go: The Experience of Ambiguous Loss"*

APRIL  
**8**  
*"Dementia 101"*

APRIL  
**15**  
*"Stay Safe, Stay Smart: Spotting Scams Before They Spot You"*

APRIL  
**22**  
*"From Burnout to Balance"*

**12pm - 1pm**  
For more information and to RSVP contact  
**Karla Fulton**  
[karlaf@weberhs.org](mailto:karlaf@weberhs.org)  
**801-625-3866**

Zoom Option Available: Meeting ID: 884 5379 1469 Passcode: 727766



MARCH 4

***"It's Been Lovely, But I Have to Scream Now"***

*Dr. Elizabeth Fauth-*

*A look at common symptoms of caregiver burnout as well as risk factors. Discusses several ideas to prevent or treat caregiver burnout.*

MARCH 11

***"Home Health and Hospice 101"***

*AMG Senior Medical Group and Inspiration Home Health and Hospice  
Questions and answers about Home health and Hospice. When is it right for you?*

MARCH 18

***"Wellness, Longevity, and Piece of Mind"***

*Christine Jacobson-Ware: Wasatch Pharmacy Care.*

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

MARCH 25

***"Safety in Motion"***

*Jamie Troyer- University of Utah  
Injury prevention and driver safety information.*

APRIL 1

***"Holding on, Letting Go: The Experience of Ambiguous Loss"***

*Chaplain Roy Olson- Caring Connections and University of Utah  
Helping family caregivers process pre-loss in a healthy way.*

APRIL 8

***"Dementia 101"***

*Kristy Russell- Alzheimer's Disease and Related Dementias Council  
Questions and answers for family caregivers helping someone living with dementia.*

APRIL 15

***"Stay Safe, Stay Smart: Spotting Scams Before they Spot You"***

*Gabi Murza- Utah State Extension  
Learn to spot common scams, see real-world examples, and discuss what to do if you or someone you know is targeted.*

APRIL 22

***"From Burnout to Balance"***

*Mark Flinders- Renew Mental and Behavioral Health  
How to find balance in your life as a caregiver.*