



ALZHEIMER'S
COMMUNITY CARE
CONSORTIUM

Rest Relax Rejuvenate

ARE YOU PROVIDING CARE FOR A FAMILY MEMBER OR
FRIEND WITH ALZHEIMER'S OR DEMENTIA?

ARE YOU OVERWHELMED, STRESSED, AND CONCERNED
ABOUT YOUR OWN WELL BEING?

MANY OF US CRAVE A MORE HOLISTIC APPROACH TO
HEALTH AND WELLNESS, BUT ARE NOT SURE WHERE TO
START. LET THE ALZHEIMER'S COMMUNITY CARE
CONSORTIUM LEAD YOU THERE!



Attend this free event and enjoy a day of relaxing and comforting activities such as Tai Chi, Qigong, Massage Therapy, and Expressive Arts. You will also learn how to manage the emotional aspects of caregiving and develop activities for your loved one with Alzheimer's or dementia.

**SPACE IS LIMITED. REGISTER BY CALLING
1-800-827-1008**

Free care for your loved one can be provided off site. Please request this service at least two weeks prior to the event, when registering.

Wednesday, October 3, 2012
from 9:30am to 2:30pm
At the War Memorial Building
in Balboa Park

3325 Zoo Drive - San Diego, CA 92101

Breakfast and lunch will be provided

Ample parking available at north end of zoo parking lot





Rest, Relax and Rejuvenate
Wednesday, October 3, 2012
9:30am-2:30pm

- 9:30-10:00 **Registration and Breakfast**
- 10:00-10:10 **Welcome**
Michelle Herman; Chair-Alzheimer's Community Care Consortium
- 10:15-10:45 **Managing the Stressful and Emotional Aspects of Caregiving**
Alejandra Ceja-Aguilar; Director of Education and Outreach, Southern Caregiver Resource Center
- 10:45-11:30 **Zumba Gold**
Erin Clabeau, Certified Zumba Instructor
- 11:30-12:15 **Lunch**
- 12:15-1:00 **Tai Chi and Qi Gong**
Grandmaster Parker Linekin
- 1:00-1:30 **Making Every Day Count: Brain Exercises for Your Loved One**
Diane Darby Beach; Director of Education and Outreach, Vista Gardens
- 1:30-2:15 **Expressive Arts Therapy**
Dr. Debora Briggs, Ph.D., Licensed Marriage and Family Therapist
- 2:15-2:30 **Closing Remarks**



A Special Thanks to Our Sponsors

Alzheimer's Association, AALL CARE In Home Services, ActivCare, Belmont Village Senior Living, Elder Care Guides, Elmcroft Senior Living, The Glenner Memory Care Centers, GlenView Assisted Living and GlenBrook Skilled Nursing, San Diego Park and Recreation Department, Silverado Senior Living, Southern Caregiver Resource Center, UCSD Senior Behavioral Health, UC San Diego Shiley-Marcos Alzheimer's Disease Research Center, and Vi At La Jolla Village