



# Town Hall Forum

## The Caregiving Journey: *Taking Action to Protect Yourself and Your Loved One*

***An educational seminar for family caregivers featuring  
Alzheimer's and health care industry experts.***

Memory loss resulting from Alzheimer's disease and related dementias has a profound impact on the family. Join us for a morning session with Alzheimer's disease experts and learn how to empower and prepare yourself and your loved one.

**When:** Thursday, March 26, 2015  
9:00 am to 11:00 am  
*Continental Breakfast: 8:30 am*

**Where:** Bonita Golf Club  
5540 Sweetwater Road  
Bonita, CA 91909  
*\*See directions on reverse side*

**Topics:** Learn successful techniques for navigating family dynamics when caring for a loved one with Alzheimer's or dementia. Discover how to cope with feelings of guilt. Learn how to create a safe and realistic plan of care and how to address symptoms such as wandering. Become proactive and protect yourself and your loved one from financial and physical abuse.

**RSVP:** Call 888-636-5677 or log onto [activcareliving.com](http://activcareliving.com)

**Free adult day care offered during the event at**  
The Glenner Memory Care Centers. Reservations are required at least one week in advance. Call the South Bay Center at (619) 420-1703.



**Presented by:**

  
**ACTIVCARE**<sup>®</sup>  
*Residential Memory Care*



*To RSVP, please log onto  
**ActivCareLiving.com**  
or call ActivCare at  
**1-888-MEM-LOSS***

## **Directions to Bonita Golf Course**

**From I-805:** Go East on Highway 54, exit at Briarwood Road. Turn right and continue down the hill until the T intersection. Turn left on Sweetwater Road. The Bonita Golf Club is located on the right at 5540 Sweetwater Road.

**From Highway 125:** Take Highway 125 to Highway 54 and head west. Exit Briarwood Road and turn left. Go straight down the hill until the T intersection. Turn left on Sweetwater Road. The Bonita Golf Club is located on the right at 5540 Sweetwater Road.

ActivCare Residential Memory Care  
9619 Chesapeake Dr., Ste 103  
San Diego, CA 92123

**Know someone with Alzheimer's?  
We can help!**