

Is meal time a struggle?
Are changing tastes narrowing meal time options?
Can different foods help maintain health with Alzheimer's?
Will your dietary choices increase or reduce symptoms?

2019 Alzheimer's Caregiver Conference "Food for Thought: Nutrition & Dementia"

Saturday
September 28
Doors open 8 am
Program 9 am to 1 pm

Bellarmino
Preparatory School
2300 S. Washington St. Tacoma



Free, RSVP requested:

- Online at Brown Paper Tickets — <https://bpt.me/4310403>
- Or call 253-798-8787 to RSVP

Information ♦ Resources ♦ Refreshments

→ *Continuing Education hours available for DSHS caregivers* ←



**COMPLIMENTARY RESPITE CARE AVAILABLE AT
CASCADE PARK ADULT DAY HEALTH
246 St. Helens Ave., Tacoma
Call Whitney at 253-242-6406 or
activeday@casadecares.com**