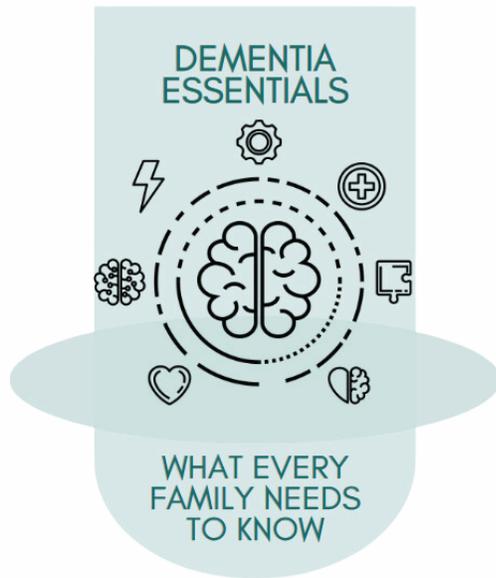


Let us help you answer the questions you don't know how to ask.



Dementia requires a different way of Planning, Thinking & Feeling

The Dementia journey feels like navigating an unending storm of vulnerability, uncertainty and unpredictability. In this session you'll learn how to move Dementia into your life, in a way that allows you to live with the disease, rather than being at the mercy of it.

- **Understand what's happening in the Dementia Brain:** Learn about the changes Dementia causes, and how we can support people by working with the things they retain, instead of fighting against the skills that are lost.
- **New Normals and Expectations** - Caring for someone with Dementia requires us to accept new normals that don't feel normal, feel things we can't name, and lean into situations that are beyond comprehension. Learn why expectations of self and others is imperative to a smooth journey.
- **Caregiver Tool Box:** You wouldn't build a house without a hammer! This journey is going to require some new tools, and a different mindset, we can help!

This session is offered quarterly, giving you multiple opportunities to join when the time right for you and your family. Registration is preferred, but walk-in are welcome!

2025 Schedule

March 31, 2025 1-4pm

June 18, 2025 8-11am

September 22, 2025 1-4pm

December 17, 2025 1-4pm

No Cost to Attend



Online Registration

Ridgewood Villa
Senior Living Apartments
7 4th Ave. SE
Glenwood, Mn 56334

To register or for more information contact Joanna Curry 320.334.5539