



Go with the Flow ... Improv Training

For caregivers of those with dementia

Thursday, Oct. 3

1-3:30 p.m.

Prisma Health Oconee Memorial Hospital (298 Memorial Dr., Seneca, Conference Room 1) *Note: GHS and Palmetto Health have joined to become Prisma Health.*

Improv training will help you really listen to your loved one and let that person feel more in control. Learn new ways to cope when your loved one says something that makes no sense or resists needed care and support. The workshop is led by Harrison Brookie of Greenville's Alchemy Theater Company. Come learn ways to say "yes, and" instead of "no" as you face the ever-more confusing relationship with a loved one experiencing memory loss.

Family caregivers, health care professionals and anyone who knows someone with memory loss will benefit from this training, which includes discussions and group practice. Come share some of your frustrations in caregiving while learning novel (and fun!) solutions. Caregivers who attended improv training in the past report feeling more hopeful about their relationship and better able to understand dementia.

Register by contacting **Eunice.Lehmacher@PrismaHealth.org** or **864- 885-7857**. Also contact Eunice to learn more about programs related to dementia and caregiving.



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Oconee Memorial Hospital

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