



Go with the Flow ... Improv Training

A special event for caregivers of persons with dementia!

Learn ways to handle challenging problems in caregiving and have some laughs, too!

Wed., Jan. 23, 2019

9:30 a.m.-noon

Oconee Memorial Hospital (Conference Room 1)

Improv training with examples from dementia caregiving will help you really listen to your loved one, stay in that person's reality, decrease your frustration and learn to say "yes ... and" more often. This workshop will be led by Greenville's Alchemy Comedy Theater and will allow you to share some of your current frustrations in caregiving and come up with some novel (and fun!) solutions.

The workshop is open to only 30 caregivers of persons with dementia. To register, contact Eunice Lehmacher at elehmacher@ghs.org or **(864) 885-7857**. This workshop is free, but we will be asking for a \$10 donation to Oconee Memory Health to cover some of the costs.

Oconee Memory Health offers other workshops, support groups and trainings for caregivers throughout the year. Contact Eunice Lehmacher, LISW-CP, for more information on programs related to dementia and caregiving.



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