

HEALTHY LIVING WORKSHOP

FEBRUARY 24, 2023

(IN-PERSON & VIRTUAL)

*12-1:30PM: 3-Steps for Caregivers to Prevent Injury
and Reduce Mental Stress (lunch provided)*

*2-3:30PM: Maintain Physical Health & Independence
during Alzheimer's Progression (light refreshments provided)*

Nekita Sullivan graduated from Clemson Univ, Medical Univ of South Carolina (Charleston), and American Intercontinental University. She is a certified health education specialist, Doctor of physical therapy, certified hand therapist, and a certified yoga teacher. She has 20 years of experience as a health and wellness professional assisting seniors, kids, adults, athletes, and those with special needs.

ALZHEIMER'S ASSOCIATION

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FOR MORE INFORMATION, EMAIL JGUAY@ALZ.ORG

