

# ALZHEIMER'S AND YOU

**FREE** FIVE-WEEK COURSE  
ON THE UNIQUE CHALLENGES  
OF ALZHEIMER'S AND OTHER DEMENTIAS

**THURSDAYS, 6-8 P.M.**  
**BEGINNING MAY 2**  
**MARTIN LUTHER LUTHERAN CHURCH**  
1605 HARBOR VIEW ROAD, CHARLESTON



## This series will cover:

- ☒ Dementia from the Inside Out
- ☒ Communication is Key
- ☒ Every Elder is a Gem - Part 1
- ☒ Every Elder is a Gem - Part 2
- ☒ Love Your Elder and Yourself

## Instructor: Karen Nichols

Karen Nichols, RN, CRCFA, NHA has spent more than 25 years dedicated to serving seniors. Karen is passionate about caring for and training people to care for people with dementia. Helping people understand them is her life's calling.



To Register call (843) 647-7405  
or email [info@respitecarecharleston.org](mailto:info@respitecarecharleston.org)