



Memory Keepers at
OAK PARK® Place presents:

2-Part Series (Part 1 of 2)

Caring for Yourself



2-PART SERIES
Save the Date
June 24

Wednesday, February 4 • 1:30 pm

Lombardi Hall at OAK PARK® Place Green Bay • 421 Erie Road • Green Bay, WI

► Oh the guilt! It can feel impossible to give yourself permission to do something enjoyable while a loved one is experiencing the brain changes related to dementia. How we care for ourselves will impact the person receiving our care. Let's talk about how to navigate this seemingly impossible situation. There is a better way.

FREE EVENT • Refreshments will be served

**RSVP by Friday, January 30.
Call 920-301-4200 or email
greenbayreception@oakparkplace.com**



Presenter:
Sheri Fairman

Sheri is a Certified Champion Teacher, Independent Trainer, Consultant and Coach with Teepa Snow's Positive Approach to Care and works as a Mentor on her team. She is the owner of Dementia Care Solutions and provides consulting, coaching, training, and presentation services specific to dementia care.

OAK PARK® PLACE

Live Life. Live Well.

