

FREE COMMUNITY EVENT

SELF CARE
IS NOT LUXURY.
IT'S NECESSITY.

CARING FOR YOURSELF

*Through the
Dementia Journey*

**Tue, Oct 27, 2026
From 2-3pm**

Held at Eagle Point Senior Living
955 E John St, Appleton, WI

SAVE YOUR SEAT!

Limited Space -
Register today for
these **FREE** events!

RSVP with Katie at
Eagle Point:

920-843-9499

or email

katie.neuman@lifesparksl.com

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.

JOIN US TO LEARN HOW:



✓ GUILT IS COMMON DURING THIS JOURNEY

✓ SELF-CARE DIRECTLY AFFECTS YOUR ABILITY TO PROVIDE
COMPASSIONATE, SUPPORTIVE CARE

✓ TO BALANCE YOUR OWN WELL-BEING WITH CAREGIVING
RESPONSIBILITIES

This opportunity
is FREE for
participants
thanks to the
generous
sponsor of :



Presented by:



Sheri Fairman, Owner
Dementia Care Solutions, LLC
Certified PAC™ Mentor
www.DementiaCareSolutions.org

