



November is . . .

ALZHEIMER'S AWARENESS MONTH

Caregivers of family members with Alzheimer's disease or dementia are invited to participate in either or both of the following **FREE** events.

A CAREGIVER'S GATHERING

Join Cheryl Woodson, M.D., as she hosts the film, "Away From Her." This movie focuses on the spouse's point of view, as it depicts a husband's experience of coping with placing his wife into a skilled nursing facility and discovers how she transfers her affections to a fellow resident. A question and answer session follows.

Date: Wednesday, Nov. 11
Time: 6-8 p.m.
Location: Prairie State College
BCEC (Business and Community Education Center)
202 S. Halsted Street, Chicago Heights, IL

To Register: Call (708) 709-3750.
Refer to class code PIHLT-094-PS.



THE SANDWICH GENERATION

Adult children of parents who have dementia will benefit from this program as it provides resources for information on dementia, how to cope with the disease process and avoid caregiver burnout.

Date: Wednesday, Nov. 18
Time: 6-7 p.m.
Location: Prairie State College - Matteson Area Center
4821 Southwick Drive, Matteson, IL

To Register: Call (708) 709-3750.
Refer to class code PISNR-071-MC.