

# Workshop for families dealing with Alzheimer's

El Dorado County Senior Day Care Services is offering Dementia 101, a mini workshop for families and friends who care for or supervise people with Alzheimer's disease or a related dementia.

The workshop will be Jan. 24 from 8:30am-noon at the Senior Day Care Center, 935A Spring St. in Placerville. The workshop features two sessions from presenters who have extensive experience and knowledge in Alzheimer's disease and dementia.

Session 1 is Dementia: What is it? Session 2 is Dementia: Understanding and Managing Behaviors.

Seating for the workshop is limited; registration is required. The workshop is free, although there is a suggested donation of \$10. Check-in begins at 8:30am and includes a continental breakfast. The workshop begins promptly at 9am. For reservations, call the 530.621.6180.