



With a Little Help, Inc.

SERVICES FOR SENIORS | 206.352.7399

is Pleased and Proud to Present

The ABC's and D's of Dementia

Workshops by Teepa Snow MS, OTR/L, FAOTA

March 10th, 11th, & 12th

Eight thought provoking workshops to choose from!

March 10th

Workshop 1

The ABC's and D's of Dementia
and Caregiving
9:00am-12:00pm

Workshop 2

Building Hands-On
Caregiving Skills
1:00pm-4:00pm

Workshop 3

Creative and Practical Tips for
Getting Through the Day
5:30pm – 8:30pm

March 11th

Workshop 4

Activities to Stay Mentally
and Physically Fit
9:00am-12:00pm

Workshop 5

Putting it All Together-Getting
Someone with Dementia Clean
1:00pm-4:00pm

Workshop 6

Building Hands-On
Caregiving Skills
5:30pm-8:30pm

March 12th

Workshop 7

Navigating the Journey:
It's Not the Destination,
It's the Experience
Getting There
9:00am – 12:00pm

Workshop 8

Person-centered Care:
Making it Personal
1:00pm -4:00pm

Please join us for a fabulous opportunity to learn a positive approach to communicating with, or caring for anyone experiencing any level of dementia. These workshops are designed for families, friends and professionals.



"Teepa addressed aspects of dementia care not previously taught in other educational opportunities. She's given me great tools!"

"Love Teepa Snow's delivery on dementia. I thoroughly enjoyed her classes and her unique way of keeping her audience engaged. Her knowledge, humor and sense of purpose is invaluable. Very dynamic!"

"Unlike typical training classes, time flies when you are with Teepa! She's thoroughly engaging!"

Classes will fill quickly. Register Now at
www.WithaLittleHelp.com

Where

North Seattle College
College Center
9600 College Way N
Seattle WA 98103

Cost

\$40.00 per session
2+ sessions: \$30.00 per session
Registration Deadline:
March 5th, 2015

CONTINUING EDUCATION INFORMATION

- Each 3 hour workshop has been approved for 3 CEUs by the NASW Washington State Chapter. Licensed Social Workers, Marriage and Family Therapists and Mental Health Counselors are eligible. Provider number is #1975-343.
- The program has been approved by Washington State long term care worker CE Approval Code: CE134871.
- This program complies with WSNA for Continuing Nursing Education for individuals whose professional practice is in the field of gerontology.

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MANAGEMENT GROUP LLC

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