

**“CONQUERING CAREGIVER OVERLOAD”  
WHILE CARING FOR THOSE WITH  
DEMENTIA”**



PRESENTED BY **MAL ALLARD**  
Founder of *“Their Real World”*  
Alzheimer's & Dementia Consultant & Educator

**SATURDAY MARCH 6<sup>TH</sup>  
10 AM- 12 PM**

**THIS ZOOM WEBINAR PROGRAM DISCUSSES WHAT  
THE CAREGIVER CAN DO NOW TO DECREASE STRESS &  
FATIGUE WHEN ASSISTING THOSE WITH DEMENTIA**



PROGRAM IS FREE  
TO REGISTER FOR THE WEBINAR ZOOM LINK EMAIL:  
[boxborochurch@verizon.net](mailto:boxborochurch@verizon.net)  
REGISTRATION DEADLINE: March 1st  
DONATIONS ARE GREATLY APPRECIATED

**IDENTIFY THE 10  
WARNING SIGNS OF  
CAREGIVER STRESS**

**VALIDATE VARIOUS  
CHALLENGES AND  
STRUGGLES  
EXPERIENCED WHILE  
CARING FOR THOSE  
WITH DEMENTIA**

**ADDRESS THE IMPACT  
DEMENTIA HAS ON  
THE CAREGIVER**

**STRESS THE  
IMPORTANCE OF SELF  
CARE WITH  
EXAMPLES AS TO  
HOW TO ACHIEVE THIS**

**SHARE CAREGIVER  
RESOURCES AND  
SOLUTIONS**

**THIS PROGRAM IS SPONSORED  
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