



Contented Dementia

If you are a family member with a parent or loved one living with dementia, join us for insights and inspiration for care partners striving to care well:

Help Your Loved One Live Well with Dementia

Learn about the Contented Dementia approach (the UK originated SPECAL[®] Method).

Discover the 3 Golden Rules and other counter-intuitive strategies to create well-being for your loved one living with dementia and yourself.

Tuesday November 30, 4:30-6:30PM

Join us over **Zoom**: register on our website to receive a link to the class.

dementiatogether.org

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