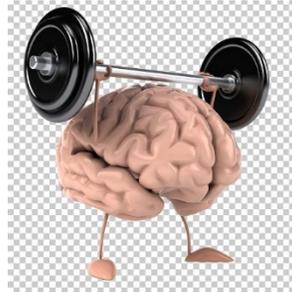




GULF COAST DEMENTIA SERVICES

GET DEMENTIA READY



Informative literature will be available and 3 CEUs will be given.

WORKSHOPS THAT WORK

Our workshops are very informative and cover a variety of subjects regarding dementia, including:

- Legal aspects of dementia
- Long-term planning
- Interventions and medications
- How to care for my loved one with dementia
- Brain Stimulation
- Diet for Dementia
- Fit Minds
- Dementia 101
- And more.....

Feel free to let us know what you would like us to talk about and we will do our best to help.

These workshops, organized by the GCDS Board of Directors, are FREE of charge to the public.

To ensure you stay up to date with the latest GCDS news and events, or for more information or directions, call us at **251-300-0250** or visit our website online at

www.GulfCoastDementiaServices.com

You can also find and friend us on Facebook!



No matter how you find us, we would love to hear from you!