

Concierge Care® Recommendation:

*Mind* MATTERS

HEALTHY  
AGING  
SEMINARS



## AGING PARENTS: A Practical Guide to Survive and Thrive

Caring for an aging parent is an enormous undertaking, even in the best of circumstances. The direct impact on a family's finances, lifestyle and jobs can be catastrophic, particularly if these responsibilities occur unexpectedly. Consider this workshop as an informational seminar to help alleviate the natural anxiety faced by both adult children and their parents during this difficult, yet potentially most meaningful, phase of a lifetime relationship. Topics include how to get organized, coping with the challenges of role reversals, housing alternatives and support services, and the business/legal side of caregiving.

**When: September 19, 2017, 6:30pm - 8:30pm | Cost: FREE**

**Where: St. Francis Episcopal Church, 2200 Via Rosa, Palos Verdes Estates 90274**

To RSVP for this workshop, please call Always Best Care at (310) 792-8666 or email Dr. Hart at [dhart@abc-seniors.com](mailto:dhart@abc-seniors.com).

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A TRUE VILLAGE OF CARING WITH A SUITE OF SERVICES

Mind Matters is taught by David Hart, Ph.D., Director of Clinical Services at Always Best Care® South Bay. Dr. Hart is a trained psychotherapist with extensive experience working with people with Alzheimer's, dementia, and their care partners.

