



'Tis the Season for Sanity Clause

Presented by Amy Matthews, Dementia Coach



As we approach the holiday season the stress level inevitably goes up with making plans, preparing for family and friends as well as trying to maintain the day-

to-day caregiving routines which means we need to think and act differently than ever before to maintain a safe and supportive holiday for all involved. This program will discuss the importance of taking care of yourself during the holidays as well as ways in which we can minimize the stressors associated with the holiday season.

RSVP by Friday, December 9th

Join us for this FREE Educational Event

Tuesday, December 13th
5:00 - 6:30 p.m.

Being Held at:
Artis Senior Living of Briarcliff Manor
553 North State Road
Briarcliff Manor, NY 10510

To RSVP
TheArtisWay.com/BriarcliffEvents
914-223-7195

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