



HEARTS & MINDS  
ACTIVITY CENTER



## Are you a Family Caregiver?

*Sign up today for your FREE Dealing with  
Dementia Workshop*

DO YOU NEED HELP IN THESE AREAS?

- Understanding Dementia
- Challenging Behaviors
- Handling Stress
- Finding Time for You

"I wish this guide and training had been available when I was caring for my mother with dementia. Following the suggestions in this guide-book will make a BIG difference for the caregiver and the person receiving care." ~ Family Caregiver

**PRE-REGISTRATION  
IS REQUIRED**

**To reserve your spot,  
please contact:**

**Diana Cornelio**  
**408-279-7515 or**

**[Diana@hearts-  
minds.org](mailto:Diana@hearts-minds.org)**

**DATE:**

March 9th, 11th, and  
19th, 2025

**TIME:**

11:00 am – 3:30 pm

**PLACE:**

2300 Enborg Lane, San  
Jose CA 95128

**\*Seating is limited  
to 20 individuals\***

**Lunch provided.**