

Healthier Black Elders Center Lunch & Learns

Events are **FREE** but
you must R.S.V.P. by
calling **313-664-2616**



No breakfast served, so be sure to eat breakfast before 10:00 am registration and health screenings | **10:30 am** - presentations | **Lunch** follows

Care for Caregivers **Thurs., Sept. 13, 2018**

Northwest Church of Christ 5151 Oakman Blvd, 48204
Join us for an informative lunch and learn on preventing caregiver burden, the emotional impact on caregiving, and available resources.

Senior Vote **Wed., Oct. 3, 2018**

Regency Heights
19100 W Seven Mile Rd, Detroit, 48219
Let's go back to a civics-101 session on how voting works within our state and how to become an informed voter.

Climate Action for an Aging World **Fri., Sept. 21, 11 am – 1 pm, 2018**

Friendship Meadows 1001 Leland St., Detroit, 48207
Dynamic presentations followed by an engaging panel discussion on the impacts of climate change to older adults, tools for action, and local resources.



Emergency Preparedness **Thurs., Oct. 18, 2018**

Heilmann Recreation Center,
9601 Crusade St, Detroit, 48205
The Red Cross will give a senior-focused presentation on how to prepare for Michigan weather, emergencies, fire safety, and free resources and programs.

CAREGIVER EMPOWERMENT PROGRAMMING: Find Help Here



Especially for Caregivers

Are you caring for your spouse, parent, sibling or friend? Contact us to learn about free caregiver resources and events offered through WSU's Institute of Gerontology.

Call Vanessa at **313-664-2604** to sign up, or learn more.



www.iog.wayne.edu

UNIVERSAL
Dementia
CAREGIVERS

A SAFE Caregiver Empowerment
program team member



As a former caregiver herself, Dr. Paula Duren created Universal Dementia Caregivers (UDC) to address the growing need to support the caregivers of persons with dementia. UDC is a non-profit organization that provides free community Lunch & Learns on various topics of caregiving.

www.universaledementia.org

Lunch & Learns

Triumph Church, East Campus
2760 E Grand Blvd., Detroit 48211

11:30 am – 1:00 pm

UPCOMING PROGRAMS

Thurs. Sept. 6, 2018 – *Self-Care*

Thurs. Oct. 11, 2018 – *Long Distance Caring*

Thurs. Nov. 8, 2018 – *Music and Reminiscing*

**EVENTS ARE FREE
BUT YOU MUST RSVP**

Leaving a message at 248-509-4357 or email: info@universaledementia.org