

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

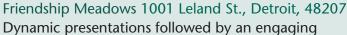
10:00 am registration and health screenings | **10:30 am** - presentations | **Lunch** follows

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.

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



panel discussion on the impacts of climate change to older adults, tools for action, and local 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.

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



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 FREEBUT YOU MUST **RSVP**

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

