

4MIND4BODY

LUNCH AND LEARN

All sessions available via webinar. Pre-registration required. [Click here for more information](#)

Caring for Elders



Presented by Optum Behavioral Health,
join Partners for Health for the **Caring for Elders** webinar,
Wednesday, Oct. 9 from 11:30 a.m. to 12:30 p.m. CT

This course aims to educate on all facets of aging and caring for those who are aging. Using interactive exercises, this course prepares us for our own eventual aging as well as caring for our parents and others. Symptoms and behaviors of those who have dementia are explored and warning signs, coping strategies and safety tips are considered. Finally, it is stressed that no matter what, it's always important to take care of yourself, too.

Pre-registration is required. Session will be recorded and made available after the session.

[CLICK HERE TO REGISTER](#)

