



FREE Facebook Live Workshop

Healthy Eating on a Budget for Older Adults with Dementia: What Caregivers Need to Know to Make it Work

KEY TOPICS:

- Overview of Nutrition and Healthy Eating for Older Adults with Dementia
- Menu Planning, Grocery Shopping Guidelines, and Preparing Nutritious Meals
- Strategies for Lowering the Costs of Healthy Eating
- Caregiver Tips in Negotiating Dietary Changes for Loved Ones with Dementia
- Caregiver Skills Training and Support
- Dementia Care Resources



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Join us!

THURSDAY
February 16, 2023

7-8:15 p.m.
Eastern Time

@facebook.com/SupportACTS2 or www.ACTS2Project.org

TO REGISTER & RECEIVE YOUR FREE
WORKSHOP MATERIALS:

Please e-mail **Tomeka Norton-Brown** at
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ACTS 2
African-American Alzheimer's
Caregiver Training & Support



www.ACTS2Project.org

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