

The Good Life Design Collaborative

Free Monthly Networking
with educational presentations!

Created for senior citizens, caregivers, professionals
& faith communities.



Tuesday, February 13 | 9:00–10:30 am

Senior Center | 491 Hillsdale Drive | Charlottesville

Wintery weather?

Call 434.974.7756 for a recorded message about Senior Center opening status.

February's Presentation: "Improve Brain Health through Knowledge"



Learn how gaining knowledge about Dementia and Alzheimer's disease gives seniors the ability to improve their brain health through lifestyle changes and working with service providers to improve their care giving techniques.

Presented by:

Judi Cleary

ALFA, Certified Dementia Practitioner & Trainer, Executive Director of Branchlands and the soon-to-be-opened assisted-living Linden House & the Gardens at Linden House Memory Care

*Learn more at GoodLifeDesign.org
or contact Kim Volker at 434.326.5323 ext. 10 or KimV@CareisThere.com*

Be educated

Be connected

Be inspired