

Join The Arbors at Shelburne & Armistead Caregiver Services
for our

Summer Caring & Sharing Series

3RD WEDNESDAY OF EACH MONTH

9:30 - 11:00AM

687 HARBOR ROAD • SHELburnE, VT

Upcoming Topics:

Wednesday, July 20th

Understanding Parkinson's Disease & Dementia

With Jean Baker, American Parkinson's Disease Association, Vermont Chapter

Join us for a discussion on the basic understanding of the disease that affects so many. Take home practical information and learn about the resources and support available throughout Chittenden County.



Wednesday, August 17th

Drawing from Narrative

With Tara Graham

Join others in an exploration of shared experiences with dementia. This workshop will be fun and interactive and will culminate in a collective project that illustrates the hopes, dreams, skills, values and traditions of people deeply affected by a loved one with dementia.



Wednesday, September 21st

Caregiver Stress

*With Bianka LeGrand, Director of Training and Development,
Armistead Caregiver Services*

Family Caregivers experience a high rate of stress. Learn how to effectively manage your stress levels with these proven techniques and community resources.



The Arbors



AT SHELburnE

A Benchmark Senior Living Community

www.benchmarkseniorliving.com



Armistead
CAREGIVER SERVICES

www.armisteadinc.com

The Arbors at Shelburne
687 Harbor Road
Shelburne, VT 05482

Caring & Sharing

**3rd Wednesday of Each Month
9:30 - 11:00am**

687 Harbor Road • Shelburne

*A*rmistead Caregiver Services and The Arbors at Shelburne welcome you to our free support group series for individuals and families in the early stages of Alzheimer's disease and related dementias.

Join us for one or all of our events, enjoy refreshments, and the opportunity to learn and share with families who understand.

**Seating is limited;
RSVP by calling 802-985-8600.**