

# MINDFULNESS-BASED DEMENTIA CARE

A Michigan Alzheimer's Disease Center Program for Family Caregivers

*"I feel and know in my being that this knowledge and experience is really the only way to successfully travel through this journey of caregiving."*

– MBDC participant

Join us for an 8-week program designed for family caregivers of adults living with memory loss. Learn how the practice of mindfulness can help you cope with the challenges and stresses of dementia care. Stress can be mentally draining, physically damaging, and emotionally overwhelming. Mindfulness offers invaluable resources and coping practices that can improve the wellbeing and quality of life of both you and the person in your care.

This **eight-week course** is a program of the **Michigan Alzheimer's Disease Center Wellness Initiative** and is led by Laura Rice-Oeschger, LMSW. Laura holds advanced professional certifications in aging, dementia and contemplative clinical care and has extensive professional training in Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Dementia Care (MBDC). Classes meet **every Monday** and weekly attendance is required for course participation. Some practice between classes is also expected. You will be rewarded with a transformative experience to help sustain you over your care journey.

With generous support from MADC donors, we are able to offer this program *free of charge*. An encouraged donation of \$50 will help cover the cost of materials. Any donation amount is appreciated. *(The average fee for mindfulness-based programs around the country is ~\$400.)*

Spring 2019

Classes meet  
every Monday

April 15  
through  
June 3

10:00am–Noon

**TO REGISTER**

or for more  
information,  
please call  
734-936-8803