



Media Advisory

FOR IMMEDIATE RELEASE

Oct. 23, 2014

Alzheimer's Services to host Wellness Day Events

- What:** Three authorities on living with Alzheimer's disease will discuss balancing financial, physical and mental health during a Wellness Day program Alzheimer's Services will host from 9 a.m. to 2:30 p.m. Saturday, Nov. 1.
- Where:** St. James Place, 333 Lee Dr., Baton Rouge, La 70808.
- Who:** Linda Melancon will give a presentation titled "Peace and Plenty: Finding Your Path to Financial Serenity" at 9:30 a.m. Carolee Laffoon and Mindy Milam will present "Mind-Body Skills for Self-Care and Restoration" at 12:30 a.m.. The speakers will provide tips on how to care for a loved one with Alzheimer's disease, as well as the importance of self-care during that time.

Admission is free, but registration is required online at www.alzbr.org or by phone at (225) 334-7494. Free social work and activity director continuing education unit credits are available.

This event is one of six programs Alzheimer's Services is sponsoring in conjunction with November being National Alzheimer's Disease Awareness month. The events and dates are as follows:

- Nov. 3-** *Arts in Alzheimer's: Fall into Music* at 100 Lafayette St., Baton Rouge, La
Nov. 4, 11, 18 – *Making Sense of Cents* at Alzheimer's Services
Nov. 9- *National Commemorative Candle Lighting* at Alzheimer's Services
Nov. 13- *Lunch-N-Learn: "Transitions- When is it time?"* at 1125 Louisiana 30, Gonzales, La
Nov. 19- *Activity Workshop* at Alzheimer's Services

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