



## Mindfulness-Based Dementia Care (MBDC) A Program for Family Caregivers Online



Join us for an 8-week program designed for family caregivers of people living with a diagnosis of mild cognitive impairment, Alzheimer’s disease or a related dementia. Learn how the practice of mindfulness can help you cope with the challenges and stresses you face. Mindfulness offers valuable resources and coping practices that can improve the wellbeing and quality of life for you and the person with the diagnosis.

### Benefits of Practicing Mindfulness

Caring for someone with dementia can be challenging, but there are also moments of great compassion, love and fulfillment. MBDC offers skills to cope with stresses and to savor moments of joy.

- Offers new coping skills
- Lower anxiety, stress, depression and caregiver burden
- Greater compassion for the person with the diagnosis and for yourself
- More social support from others in the same situation
- Better overall health, quality of life, wellbeing and resilience

### Program Details

MBDC includes a series of nine, 2-hour, online, interactive classes over 8 weeks (weekdays), including a half-day retreat (class 7, Saturday). Practice in-between classes is encouraged

- Must have access to a computer and be able to participate in online video calls.
- Dates for the next classes will be determined with input from participants once a certain number of people have completed the pre-registration form.

### What participants say...

*“The support and the practical tools were both life-changing. I am beyond grateful for this class.”*

- Mary, MBDC Participant

*“I learned how to be patient with my mother in a way I hadn’t been able to be, before the class.”*

- Amy, MBDC Participant

### What does it cost?

NeuroWell MBDC:

- 8-week series (9 classes) and workbook: \$350
- Scholarships of \$100, \$200 or \$300 available upon request thanks to generous donors.

### How do I start?

Pre-registration is required. Learn more and/or reserve your spot today.



Scan the QR code to pre-register. Or go to <https://hprfstudies.org/redcap/surveys/?s=EHT8KFLYX>