

Support Groups for Family Caregivers of Persons with Dementia

JULY SESSIONS | WELLNESS AND SELF-CARE | FEATURING:

Chair Yoga for Older Adults and Persons with Dementia

Wednesday, July 13 (6 p.m. - 8 p.m.) and
Saturday, July 16 (Noon - 2 p.m.)



Yoga for Caregivers

Wednesday, July 20 (6 p.m. - 8 p.m.) and
Saturday, July 23 (Noon - 2 p.m.)

Lissa Sablan-Flores,
CYT
Certified Yoga Teacher

ALSO FEATURING:

Nutrition and Healthy Eating for Older Adults and Persons with Dementia

Wednesday, July 27 (6 p.m. - 8 p.m.) and Friday, July 29 (Noon - 2 p.m.)



Rosae Shandor, RDN, LD
Registered Dietician-Nutritionist

To attend one of our online support groups, please use the following Zoom links:

Wednesday Support Group: <https://zoom.us/j/92072878067>

Saturday Support Group: <https://zoom.us/j/91243370958>

Or Contact:

Dr. Iain Twaddle or Nikolas Gutierrez: (671) 735-2883 / gwep.tgss@triton.uog.edu

Rhoda Orallo: (671) 735-3277 / nfcspmgr@teleguam.net



**GUAM / MICRONESIA GERIATRICS WORKFORCE
ENHANCEMENT PROGRAM**
TELEHEALTH GERIATRIC SUPPORT SERVICES

Support Groups for Family Caregivers of Persons with Dementia

JULY SCHEDULE

**Wednesday, July 13 (6 p.m. - 8 p.m.) and
Saturday, July 16 (Noon - 2 p.m.)**

Chair Yoga for Older Adults and Persons with
Dementia with Lissa Sablan-Flores

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Yoga for Caregivers with Lissa Sablan-Flores

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Friday, July 29 (Noon - 2 p.m.)**

Nutrition and Healthy Eating for Older Adults and
Persons with Dementia with Rosae Shandor