



SUMMER CAREGIVER SERIES

Summer Activities & Engagement

Session 5 will focus on how stimulating activities can promote well-being, brain health, social connection, and enjoyment. Participants will get some creative ideas and strategies for inviting your loved one to participate in engaging activities.

When:

August 10, 2021
10:00am-11:00am

This Event is Free.

To Register:

Click Here:

<https://www.agingtogether.org/upcoming-programs.html>

Or go to www.agingtogether.org and continue to the "Upcoming Programs" section under the Programs tab. Click on the "Register" button under the event listing.

You will receive an email with Zoom link information specific to this program. Please check your email after you have registered.

For all family & professional caregivers.

 **Capital Caring Health**
Advanced Home Care & Hospice for All Ages at All Times



The Harbor at Renaissance
A Legacy Senior Living Community

Presenter:



Sara Amos, MS, CTRS

Sarah Amos is the Program Director of Cornerstone Cares, Ministry to Caregivers. She is a Certified Therapeutic Recreation Specialist with a background in activity programming for individuals living with dementia and other age related disabilities.

After receiving her Master's in Recreation Therapy from Indiana University, Sara took on the task of developing a caregiver ministry through her church in Warrenton, VA. In this role, she utilizes her therapeutic recreation knowledge to help families engage their loved ones at home with stimulating activities.