

# CONNECTIONS THROUGH MUSIC

**Are you a Caregiver for a person with dementia?**

## **EXCITING NEW FREE PROGRAM**

**CALL TO REGISTER FOR INTRODUCTORY SESSION  
(440) 269-3015**

**Introductory meeting for caregivers ONLY to receive complete information about this exciting new program.  
No obligation to participate. Come and listen!  
This can help!**

- Wednesday, January 17, 2018  
Willoughby Public Library 3 –4 pm**
- Tuesday, January 23, 2018  
Mentor Senior Center 10-11 am**

**WHO IS ELIGIBLE? Caregivers and loved ones with Alzheimer's/Dementia  
Loved one living at home, not in facility, in Lake County**

### **MUSIC CAN:**

- Help with depression and anxiety**
- Improve sleep patterns**
- Improve quality of daily life**
- Increase bonding between caregiver and loved one**
- Increase more frequent oral exchanges**