

How to Cope and Find Hope in Difficult Times

Presented by:

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When: **Date of program: August 4th, 2016**
 5:30 to 7:00 pm

Where: **Rosewood Nursing & Rehabilitation**
 22 Johnson St
 Peabody, MA
 Seating is limited: Please register to 978-535-8700
 Refreshments will be served during the program

A change in our loved one's health can leave us wondering how to best care for them and adapt to the "new normal." Recognizing that our loved one may need nursing care can be a difficult and emotional realization fraught with anxiety and fear.

Learn how to identify and deal with the "ambiguous losses" that often accompany physical, emotional, and cognitive decline. Gain some practical tips for managing change while uncovering creative ways to cope and find hope in this interactive and informative presentation.