



**CAREGIVER**  
Thrive Learn Connect



## CAREGIVER TLC: Continuing Conversations

### What are Continuing Conversations?

**FREE ONLINE** seminars to provide beneficial information and support to caregivers. Each session is 90 minutes in length. The first 40 minutes (Webinar format) will inform about specific topics of interest for caregivers. After a short break, those who wish to remain will discuss how the information applies to them, will have the opportunity to personalize their learning, and will be able to remain on for the second 45 minutes.

### October 2022

**Sunday 10/30 @ 3:00pm (ET):** “Caring Program: Mobile Apps to Alleviate the Stress of Caregivers of Persons with Alzheimer’s and Related Dementia”

**Presenters:** Dr. Claudia Kajiyama & Mr. Bruno Kajiyama

- Dr. and Mr. Kajiyama will discuss family of Mobile Apps with self-paced video lessons and relaxation exercises to alleviate the stress of adults providing care to persons with memory loss

### How Do I Learn More and Register?

- **To Register:** Visit the Caregiver TLC Website at <https://caregivertlc.org/caregivers.html>
- **To Ask Questions:** contact us at [jmontoro@uncc.edu](mailto:jmontoro@uncc.edu) or call us at 704 687-6166