

# DEMENTIA

*Breaking the Stigma*



**Monday, July 17, 1:00PM- 2:30PM**



**With Kathy O'Neel Webster & Marc Archambault**

It is natural to fear getting Alzheimer's dementia.

The numbers are staggering—about 1 in 9 people aged 65 and older have the disease.

This session will provide an overview of what dementia is, where it comes from, and what it looks like, so that we can better support people living with the disease and their caregivers.

**Kathy O'Neel Webster** has been in the health and fitness field for the past 40 years. She has a B.S. in exercise science and is a certified dementia care practitioner and fall prevention specialist. She launched ShipShape five years ago focusing on working with older adults to age safely and with confidence in their homes.

**Marc Archambault** is living with Alzheimer's and shares his story in hopes of breaking the stigma.



**Register online or call the office at 401-874-4197**

Scan the QR Code by opening your camera on your device and pointing it at the QR Code.