



# WAKE FOREST

# Age and Dementia

# FRIENDLY COMMUNITY

## 2024 Schedule of Events

The Wake Forest SING, Senior Information Networking Group, members invites you to join us for the return of the popular educational series designed for all ages and caregivers. The senior industry members of SING will host the free Saturday Series beginning in April from **9 am – 11:30 am** at the Northern Wake Senior Center located at 235 East Holding Ave in Wake Forest.

### Saturday, April 13

#### Empowering Caregivers: Navigating the Journey Together

This presentation focuses on equipping caregivers with the tools, resources, and support networks they need to confidently navigate the challenges of caregiving.

*Presenter* **Lynette Wilson**

### Saturday, June 8

#### The Senior Expo for Caregivers and Seniors

A comprehensive event aimed at providing resources, information, and support for both caregivers and seniors. Attendees will explore a wide range of exhibitors tailored to address the unique needs and challenges faced by seniors and their caregivers. The Senior Expo offers a one-stop destination for empowering our local community to navigate the journey of aging with confidence and dignity.

### Saturday, August 10

#### De-Prescribe & Thrive: Empowering Caregivers

This session is dedicated to providing caregivers with the knowledge and tools necessary to optimize medication regimens for their loved ones. Through education and support, caregivers learn how to safely reduce or discontinue unnecessary medications, promoting better health outcomes and improving overall well-being.

*Presenter* **Dr. Leon Canterbury**

### Saturday, October 12

#### Pathways to Wellness

This session will guide caregivers toward holistic well-being through a combination of personalized strategies and community support by exploring various pathways including physical activity, nutrition, stress management, and mindfulness.

*Presenter* **Jennie Griggs**, Director, Northern Wake Senior Center

Presented By:

