

# Normal vs. Not Normal Aging

WITH TERESA YOUNGSTROM  
SPONSORED BY ELITE LIVING

**FRIDAY, JUNE 2**  
**10AM TO 11AM**

AT MARIELDERS  
6923 MADISONVILLE RD, 45227  
\$3 TO ATTEND  
PLEASE RSVP BY FRIDAY, MAY 26



This workshop will help caregivers, family members and professionals recognize age related brain changes, then sharpen their observation and assessment skills to identify potential red flags. In this one-hour workshop we will:

- Evaluate what you already know
- Discuss several facts about true Dementias
- Describe 5 ways our brain takes in information
- Distinguish between normal and not normal again with dramatization
- Identify Survival Tips when caring for someone with Dementia

This interactive presentation will include Power point, real life stories and time for questions.



## TERESA YOUNGSTROM



REGISTERED NURSE  
AND DEMENTIA  
SPECIALIST

Teresa Youngstrom is a Seasoned Registered Nurse and Dementia Specialist. She has more than 38 years of Clinical and Leadership experience in Healthcare. She became intensely focused on Memory Care when it touched her own family. Teresa is a PAC Certified Independent Trainer under Teepa Snow. Her passion for improving the lives of people living with Dementia led her to start her own business, "A Better Approach to Memory Care", where she provides staff training, family consulting and professional education.