



What is Normal Aging?

Seasons welcomes **Teresa Youngstrom** as she leads a conversation about the aging process. This workshop will help caregivers, family members and professionals recognize age related brain changes then sharpen the observation and assessment skills to identify potential red flags.

Wednesday, May 4, 2022
6:00 p.m.

Seasons

7300 Dearwester Drive | Cincinnati, OH 45236

RSVP to 513-984-9400

by April 30, 2022



SEASONS

a Senior Lifestyle community

WWW.SENIORLIFESTYLE.COM

*Teresa
Youngstrom*



Teresa Youngstrom is a seasoned Registered Nurse with over 35 years of experience in many areas of health care including hospital, home care, hospice and more. She is a dementia specialist and the founder of A Better Approach to Memory Care. Teresa provides staff training, first responder training, private family consultations, and professional speaking services. Her mission is to provide help and hope with dementia.



**A Better Approach to
MEMORY CARE**