



***Our Center is OPEN for limited hours. Email allison@leezascareconnection.org for days & times.**

Monday – Friday

10:00am-4:00pm

Located at 501 S. Buena Vista St,
South Tower Burbank, CA 91505

CONTACT US: (818) 847-3686 or (888) OK- LEEZA

Managing Director: Allison Korrey email: allison@leezascareconnection.org

General Information email: info@leezascareconnection.org

REGISTER FOR OUR WEBINARS on our website or email us!

**AUGUST
2022**

Sat/Sun	Monday	Tuesday	Wednesday	Thursday	Friday
	1 NEW! 8am-9am Beginner Yoga (virtual)	2 9am-10am- Early & Mid Stage Dementia group 3pm-4pm- Drop-in Caregiver Support Group. <u>ALL WELCOME!</u>	3 10am Virtual Education Presentation: "Hiring In-Home Help" 11:15am-12:45pm- Caregiver Connection Support Group- open to all Alzheimer's/Dementia caregivers 6pm-7:30pm- Caring for a Parent with Alzheimer's or Dementia Support Group	4 NEW! 9am-10am Now What? Now Me! 12:30pm-2:00pm- Courageous Heroes: Spouse Alzheimer's/Dementia Caregiver Support Group	5 Call us if you need resources or support! (818) 847-3686
6 / 7	8 NEW! 8:30am-9:30am Tai Chi (virtual) NEW! 10am-11am- Grief Support Group	9 9am-10am- Parkinson's Caregiver Support Group	10 10am Virtual Education Presentation: "5 Steps to Freedom & Happiness for Caregivers"	11 NEW! 10am-11am Caregiver Support Group 12:30-2:00pm- Wellness Warriors Support Group	12 NEW! 6:30am-7.30am Men's Coffee Club
13 / 14	15 NEW! 8am-9am Beginner Yoga (virtual)	16 9am-10am- Early & Mid Stage Dementia group 3pm-4pm- Drop-in Caregiver Support Group <u>ALL WELCOME!</u>	17 10am Virtual Education Presentation: "Healthy Brain Habits: Reducing Your Risk of Alzheimer's" 11:15am-12:45pm- Caregiver Connection Support Group- open to all Alzheimer's/Dementia caregivers 6pm-7:30pm- Caring for a Parent with Alzheimer's or Dementia Support Group	18 NEW! 9am-10am Now What? Now Me! 12:30pm-2:00pm- Courageous Heroes: Spouse Alzheimer's/Dementia	19 Call us if you need resources or support! (818) 847-3686
20 / 21	22 NEW! 8:30am-9:30am Tai Chi (virtual) NEW! 10am-11am- Grief Support Group 10am-11am- MS Support Group	23 9am-10am- Parkinson's Support Group	24 10am Virtual Education Presentation: "New Advances in Alzheimer's Research"	25 10am-11am Caregiver Support Group 12:30-2:00pm- Wellness Warriors Support Group	26 NEW! 6:30am-7.30am Men's Coffee Club
27 / 28	29 NEW! 8am-9am Beginner Yoga (virtual)	30	31 10am Virtual Education Presentation: "Sensitive Situations in Dementia Caregiving"		