



Exceptional Assisted Living  
and Memory Care

PRESENTS



# How to Parent Your Parents

with author and speaker,  
**Charlotte Canion**

Thursday, December 6th  
at 6:30 p.m.



If you have a loved one experiencing memory loss,  
you'll want to join us for this FREE informative talk.

## *How to Parent Your Parent*

Presented by Cedar Bluff Assisted Living & Memory Care

**THURSDAY • DECEMBER 6th • 6:30 p.m.**

**REFRESHMENTS WILL BE SERVED**

CHARLOTTE CANION will share her anecdotes and practical advice to help other "parenting parents" build and reinforce happy memories by finding humor during the otherwise arduous and often overwhelming end of life journey. Drawing from her personal experience in caring for loved ones with dementia, Parkinson's and Alzheimer's, Charlotte will provide insights to help prepare anyone now faced with the challenges of caring for an elderly parent.

**The importance of a caregiver's attitude • How to divide up "parent your parents" responsibilities • Why adults, children and seniors should learn to play together again • Dealing with stress • And more**

**RSVP BY NOVEMBER 30TH • SPACE IS LIMITED**

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