

The Gift of Self-Care:

Support for the Mind & Body Through the Holidays

Wednesday, November 12, 2025

Noon - 1 p.m. CT

A no-cost virtual presentation

Caregiving for individuals living with Alzheimer's and other dementia can surface stress that takes a toll on the person's mental, emotional and physical well-being. Making a commitment to give yourself time and space to take care of your needs as well can not only benefit your health, but also the well-being of the individual in your care.

Give yourself the gift of self-care through activities that support your mental health and wellbeing during the holidays through this free event from the Alzheimer's Association and NDSU Extension.

Schedule of Events

- The importance of taking time for yourself
- Mental health during the holidays
- Alzheimer's Association resources
- Tai Ji Quan exercise demonstration
- Healthy and easy recipe
- My Action Plan contract
- Mindful mental health meditation exercise

Register Online



bit.ly/ALZLearnGSC
or call 800.272.3900

Speakers

Sue Milender, *Extension Agent, Family and Community Wellness, NDSU Extension*

Erin Berentson, *Extension Agent, Family and Community Wellness, NDSU Extension*

Vanessa Hoines, *Program Manager, MN-ND Chapter of the Alzheimer's Association*

Beth Olson, *Program Manager, MN-ND Chapter of the Alzheimer's Association*



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Health & Human Services

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24/7 Helpline 800.272.3900

alz.org/mnnd