

Alzheimer's New Jersey is conducting special interactive workshops for caregivers of individuals with dementia. This workshop called ***Bring Back the Joy!*** will provide caregivers with practical tips and tools on how to use music to connect with a loved one with dementia, manage challenging behaviors, improve communication and more. Jan Maier, RN, BSN, MPH, workshop facilitator, will also share information on the latest brain science and research that identifies cognitive and emotional benefits of engaging individuals with dementia through music.

Here's just one example of how impactful this workshop has been for caregivers and their loved ones...

"After the workshop I was over I tried a suggestion from [another participant]... I put headphones on my mom and she smiled and sang as she listened... It was a joy. I'm grateful."

Attached to this email is a flyer for the program. To register for ***Bring Back the Joy!***, you can call our Helpline at (888)280-6055, or you can click on one of the following links:

[Wednesday, November 18th at 6 pm](#)

[Monday, November 30th at 3 pm](#)

[Tuesday, December 8th at 10 am](#)

[Monday, December 14th at 3 pm](#)

Please help us by spreading the word about this workshop with anyone you know faced with the challenges of caring for someone with dementia. Thank you so much!

Best, *The Alzheimer's New Jersey Team*