



# SOCIAL RESPITE DAY PROGRAMS

Are you a caregiver seeking reliable respite during the week? Are you caring for a loved one who would benefit from an opportunity to socialize and participate in engaging activities?

## LYNDEN PROGRAM

Mondays and Tuesdays

9:30 am- 2:30 pm

## BELLINGHAM PROGRAM

Wednesdays and Thursdays

9:30 am- 2:30 pm

*Registration required. Contact DSNW to register.*



**We encourage you to join.** Forming a comfortable dementia supportive community is important not only for the person with dementia, but also for the caregiver.

[www.dementiasupportnw.org](http://www.dementiasupportnw.org) | (360)671-3316