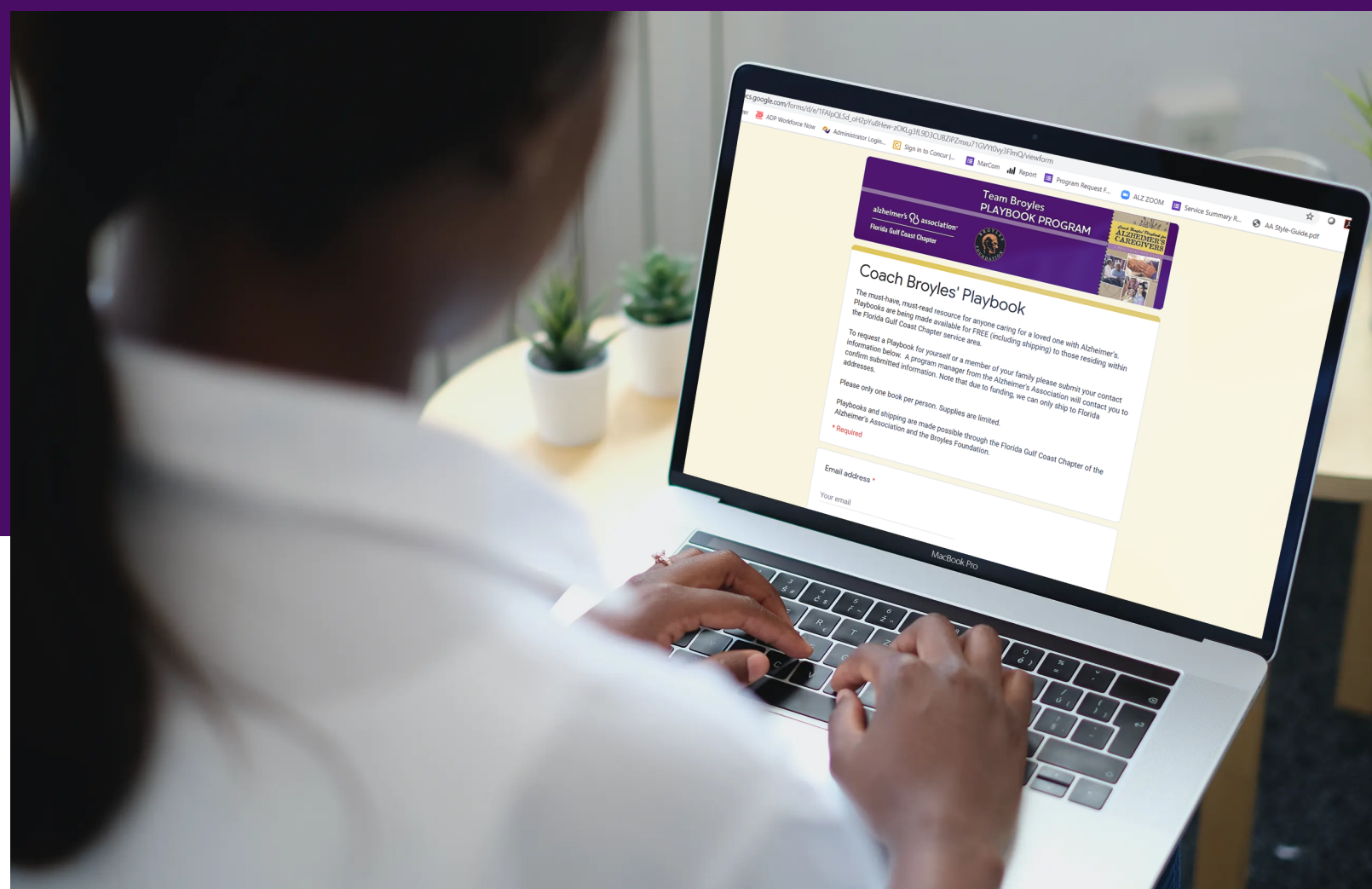


# Play by Play Creating Care Plans



Caring for yourself is as important as caring for others.

 **Thursday, May 20 | 2 p.m. ET/1 p.m. CT**

There is a need to create effective and sustainable care plans. Join us to learn how to maintain a healthy mind and body and gain practical and useful caregiving tips. Featured presentations include:

- Healthy Living for the Brain and Body
- Combating Caregiver Stress

*Caregivers within the Long Island and Florida Chapters' service area of the Alzheimer's Association, learn how to obtain the Coach Broyles' Playbook. The book is at no charge including shipping.*



Louise Gallagher, MS, LMFT, CDP,  
Life Coach and Educator; Alzheimer's  
Association Community Educator



Betsy Broyles Arnold,  
CDP, CISM,  
Founder, Broyles Foundation

[Click here to register](#)  
or call our  
**24/7 Helpline at**  
**800.272.3900**