



2019 Spring Conference  
Thursday, March 21, 2019

# The Brain/Body Connection & Caregiver Solutions


Mt. Olive Lutheran Church  
in the Friendship Cafe  
2170 Havasupai Blvd, Lake Havasu City  
8:00 am to 4:00 pm

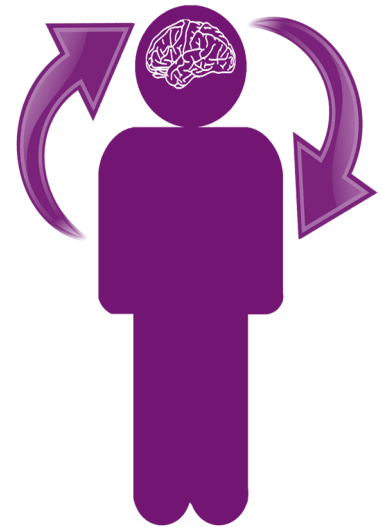
**\$10 Registration**—includes lunch.

Register online at [www.havasucommunityhealth.org](http://www.havasucommunityhealth.org).

Or at Havasu Community Health Foundation office

94 Acoma Blvd. S. Ste. 101

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- 8:00 Registration & morning refreshments
  - 8:30 Welcome & Keynote Address  
*Nancy Nelson, 2018 Nevada Senior Citizen of the Year*
  - 10:30 "Food for the Brain -Why and How it Works"  
*Dr. Pam Meyers, PhD*
  - 11:30 Lunch
  - 12:30 "It's All in the Approach"  
*Lavon Rutledge Certified PAC Trainer*
  - 2:15 "Caregiver Safety"  
*John Twomey, P.T.*



Dementia Connection of Havasu is a partner under the umbrella of  
Havasu Community Health Foundation, a 501(C)3 public charity. Tax ID 20-1839858