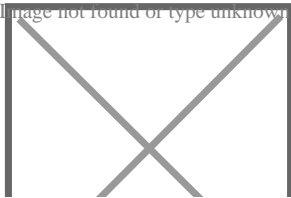
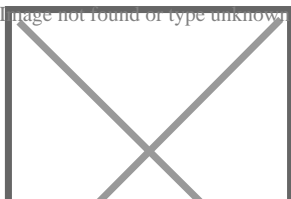


ROCK RIDGE COMMUNITY EVENTS



Take A Walk In Their Shoes; Virtual Dementia Tour MAY. 09, 2019 2:00-6:00 PM

Caring for a loved one with dementia requires empathy, patience and special care. But how can you be empathetic when you have never experienced what it is like to walk in their shoes? Come with us on an emotional journey that will open your eyes to challenges your loved one faces on a daily basis. Through an innovative 15-minute virtual tour, you will get a sample of what everyday life is like for people with Alzheimer's or dementia. Professional speaker: Constanza Pierre, RN, MSN, MBA Legend Senior Living® Regional Health Care Director. Seating is limited, RSVP is Required



Managing Your Stress MAY. 18, 2019 12:00-1:00 PM

Learn how stress affects your health, warning signs to look for and tips on how to reduce the stressors in your life. Enjoy delicious hors d'oeuvres and refreshments prepared by our chef. Guest Speaker: Brittany Miller, MS, LPC, LCDC, Garland Behavioral Hospital.