

Enjoying the Holidays Amidst Continued Uncertainty: *Building Resilience for the Path Ahead*

Wednesday, December 15, 2021

11:00 am to 12:00 noon

As we are embarking on two years of the impacts of the COVID-19 pandemic, many things have changed. The way we think and the way we conduct ourselves may have shifted significantly; however, the need to continue forward despite the effects of what will be a significant a time in history – is needed all the more to adequately benefit the families we serve. In such ambivalent times, there are ways to find meaning for the path forward. Each enrollee will receive a self-care kit and there will be opportunities to win prizes!

PRESENTER



Markita Brown, MSW, CDP is the Outreach and Support Coordinator at Insight, and she is committed to service, education and enrichment of her community. Over the past decade, she has served various populations as a social worker and enjoys aiding in the facilitation of growth despite one's life circumstances. Providing quality care to individuals diagnosed with dementia and their caregivers is her top priority; Markita strives to support and educate the community in efforts to help families and their loved ones retain a sense of self and purpose throughout the journey of the disease.

One contact hour from NCCDP is available for this self-care event for professionals!

COST

\$25 per person, to include your self-care kit!

LOCATION

Insight Memory Care Center
Education & Support Center
3955 Pender Drive, Suite 100
Fairfax, VA 22030

CONTINUING EDUCATION

One CE is available for NCCDP. For additional details, please visit InsightMCC.org/events.

RSVP

You can register online at InsightMCC.org/events, or click on the event calendar at the top right of any page.

QUESTIONS?

Please contact Markita Brown at markita.brown@insightmcc.org or 703-204-4664.