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| UitnodigingAlzheimer Café Amstelveen donderdag 26 september 2024 |  | Bekijk de webversie |

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| Afbeelding met tekst, Lettertype, Graphics, logo  Automatisch gegenereerde beschrijving |

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| **Uitnodiging** |

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| **Alzheimer Café Amstelveen donderdag 26 september 19.30 uur, Wijkcentrum Middenhof, Dr. Willem Dreesweg 155 in Amstelveen** |

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| **Hoe behoud je langer leefplezier en autonomie?** |
| **Leefplezier en autonomie. Daar draait het om op deze avond. Wat kan iemand zelf blijven doen? Wat wil iemand overlaten aan anderen zonder zichzelf helemaal te verliezen? Èn evenzo belangrijk: wat wil iemand zelf doen? Waar wordt iemand blij van om zelf te doen? Gelukkig zijn er veel oplossingen om het leven aangenamer te houden met respect voor de wensen en in het licht van de ziekte.** |

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| **inzicht in de ziekte helpt om het leven plezieriger te houden** |

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| Gespreksleider Jos Heeremans praat deze avond met Dr. Annetje Boomsa. Zij is gespecialiseerd in problemen die ontstaan rondom ouder worden, dementie, geheugen en gedrag. Volgens haar zijn er, met inzicht in de ziekte, vele oplossingen om het leven aangenamer te houden. Zo kan het aanpassen van de omgeving en stress-factoren er voor zorgen dat men veel langer leefplezier en autonomie behoudt.   Tijdens deze avond krijgt u praktische informatie aangereikt en antwoord op vragen. Ook is er zoals u van ons gewend bent voldoende tijd en ruimte om ervaringen uit te wisselen met lotgenoten.  |

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| **U bent van harte welkom** |

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| Mensen met dementie, mantelzorgers en professionals in de zorg zijn van harte welkom op deze (gratis) avond. We ontvangen u graag in Wijkcentrum Middenhof, Dr. Willem Dreesweg 155, 1188 KD Amstelveen. Het programmastart om 19.30 uur, maar u bent vanaf 19 uur van harte welkom voor een kop koffie of thee. Wij ontmoeten u graag 26 september. Tot dan.  |

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| **Programma Alzheimer Café Amstelveen 2024** |

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| Afbeelding met overdekt, kleding, persoon, muur  Automatisch gegenereerde beschrijving |  |

Het programma van het Alzheimer Café Amstelveen is te vinden op [onze website.](https://media.alzheimer-nederland.nl/s3fs-public/media/2024-03/documents/AC%20Amstelveen%20Programma%202024%20met%20info%20programma%2026012024.pdf?VersionId=QkF6OYnzHfWdd1dZjSj2keekWz7foGmD&_gl=1*1ksbzgq*_ga*MzA3NzI2MDQwLjE2ODQyMzgxMTA.*_ga_L2N59J2WTP*MTcxMDE2NzY0My45My4xLjE3MTAxNjc2NDQuMC4wLjA.*_fplc*TnJKQ3lHMUg2QzFucm91Y052YmlkRERxNGp3RnFiejlhS3lzM2l6cWlRajBaU25qa0QwN1YzR1BjcVFVVmlvUnFZVE1qZTFWeHFWS3ZvS1dJY2FnT1JKQXBaRkhkM1dUNWcyMlhUZVJ3NGUyRGRGNWtmN2R5SkdSblNYSVpBJTNEJTNE)Lees meer op [de website](http://www.alzheimer-nederland.nl/amstelland) of op [onze facebookpagina](http://www.facebook.com/AlzheimerAmstellandenMeerlanden/) |

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| Afbeelding met symbool, logo, cirkel, Lettertype  Automatisch gegenereerde beschrijving |

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| [Facebook](https://www.facebook.com/AlzheimerAmstellandenMeerlanden/) |

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| Afbeelding met zwart, duisternis  Automatisch gegenereerde beschrijving |

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| [Website](https://www.alzheimer-nederland.nl/regios/amstelland-en-meerlanden) |

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| Deze e-mail is verstuurd aan {{email}}.• Als u geen nieuwsbrief meer wilt ontvangen, kunt u zich hier afmelden. • U kunt ook uw gegevens inzien en wijzigen. • Voor een goede ontvangst voegt u amstellandmeerlanden.pr@alzheimervrijwilligers.nl toe aan uw adresboek. |
| Laposta e-mailmarketing |

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