



# JAMES L. WEST CENTER FOR DEMENTIA CARE Bilingual Education Program • August 2024

Our programs are provided free of charge and delivered in Spanish, unless otherwise noted.

## August 12

### Stress Less with Chair Tai Chi

9:30 am – 10:30 am

Suvida Healthcare Clinic, Northside  
2755 Ellis Avenue, Fort Worth, TX 76164

## August 13

### Music and Your Brain

10:00 am – 11:00 am

Northside Community Center  
100 NW 18th St, Fort Worth, TX 76164

## August 15

### Dementia Live™ Experience

10:00 am – 11:30 am

(Prior reservation is required)

James L. West Center for Dementia Care  
1111 Summit Ave., Fort Worth, TX 76102

## August 17

### Normal vs. Not Normal Aging

5:30 pm – 6:30pm

Central Arlington 7<sup>th</sup> Day Adventist Church  
1029 W Pioneer Pkwy, Arlington, TX 76013

## August 18

### Normal vs. Not Normal Aging

1:30 pm – 2:30 pm

Advent Lutheran Church, Luther Hall  
3232 S. Cooper St., Arlington, TX 76018

## August 20

### Dealing with Dementia (workshop for family & professional caregivers)

1:00 pm – 5:00 pm

(Prior reservation is required)

James L. West Center for Dementia Care  
1111 Summit Ave., Fort Worth, TX 76102

## August 26

### Stress Less with Laughter Yoga

9:30 am – 10:30 am

Suvida Healthcare Clinic Northside  
2755 Ellis Avenue, Fort Worth, TX 76164

## August 27

### Art and Your Brain

10:00 am – 11:00 am

Diamond Hill Community Center  
1700 NE 37th St, Fort Worth, TX 76106

## August 30

### Compassionate Communication (for family & professional caregivers)

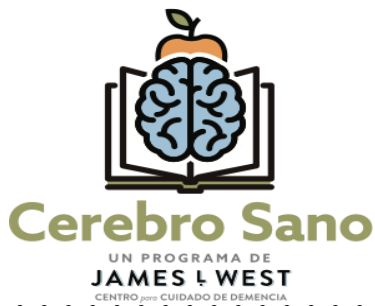
10:00 am – 11:30 pm

James L. West Center for Dementia Care  
1111 Summit Ave., Fort Worth, TX 76102

For more information, contact Tia Viera, Director of Bilingual Education at [tviera@jameslwest.org](mailto:tviera@jameslwest.org) or 817-877-1225.  
Follow us on our Cerebro Sano Facebook page at: [www.facebook.com](http://www.facebook.com)



**JAMES L. WEST**  
CENTRO para CUIDADO DE DEMENCIA



# JAMES L. WEST CENTRO PARA CUIDADO DE DEMENTIA

## Programa Educativo Bilingüe • Agosto de 2024

Asistir nuestros programas es GRATIS y las clases están impartidas en español, a menos que se indique lo contrario.

### 12 de agosto

#### Practicar el Tai Chi Silla

9:30 am – 10:30 am

Clínica Suvida Northside

2755 Ellis Avenue, Fort Worth, TX 76164

### 13 de agosto

#### La música y tu cerebro

10:00 am – 11:00 am

Centro Comunitario Northside

1100 NW 18<sup>th</sup> St., Fort Worth, TX 76164

### 15 de agosto

#### Experiencia de Demencia en Vivo®

(Se pide reservación previa)

10:00 am – 11:30 am

James L. West Centro para Cuidado de Demencia

1111 Summit Ave., Fort Worth, TX 76102

### 17 de agosto

#### Envejecimiento normal vs. no normal

5:30 pm – 6:30pm

Arlington Central Iglesia Adventista

1029 W Pioneer Pkwy, Arlington, TX 76013

### 18 de agosto

#### Envejecimiento normal vs. no normal

1:30 pm – 2:30 pm

Iglesia Adviento Luterano, Luther Hall

3232 Cooper St., Arlington, TX 76018

### 20 de agosto

#### Lidiar con la demencia (para cuidadores familiares y profesionales)

(Se pide reservación previa)

1:00 pm – 5:00 pm

James L. West Center for Dementia Care

1111 Summit Ave., Fort Worth, TX 76102

### 26 de agosto

#### Yoga de la risa

9:30 am – 10:30 am

Clínica Suvida Northside

2755 Ellis Avenue, Fort Worth, TX 76164

### 27 de agosto

#### El arte y tu cerebro

10:00 am – 11:00 am

Centro Comunitario Diamond Hill

1700 NE 37th St, Fort Worth, TX 76106

### 30 de agosto

#### Comunicación compasiva (para cuidadores familiares y profesionales)

10:00 am – 11:30 pm

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1111 Summit Ave., Fort Worth, TX 76102

Para información, contacte a Tia Viera, Directora de Educación Bilingüe,

[tviera@jameslwest.org](mailto:tviera@jameslwest.org) o 817-877-1225.

Sigue Cerebro Sano en nuestra página de Facebook [www.facebook.com](http://www.facebook.com)



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