



## How to Make it Through



### Atwater Library and Computer Centre

**Tuesday, February 19, 2019, 1 p.m.**

1200 Atwater Avenue  
Atwater Station

Bibliothèque et centre d'informatique  
**Atwater**  
Library and Computer Centre

FINANCÉ PAR  
**L'APPU** POUR LES  
MONTRÉAL PROCHES AIDANTS  
D'AMIS  
lappumontreal.org

**Christiane Proulx**

Counsellor at the Alzheimer Society of Montreal

Join us to hear some inspiring and helpful testimonials from caregivers, and a panel discussion led by Christiane Proulx, counsellor at the Alzheimer Society of Montreal.

Come and share your own tips and strategies for making it through!

*Société Alzheimer Society*  
M O N T R É A L