

MemoryMattersUtah

Alzheimer & Dementia Services

168 North 100 East, Ste.104
St. George, Utah 84770
435.319.0407
www.mememorymattersutah.org

NEWS RELEASE

CONTACT: Janet Labrum, Program Director
Memory Matters Utah
(435) 319-0407
memorymattersutah@gmail.com

FOR IMMEDIATE RELEASE

MEMORY MATTERS UTAH LAUNCHES NEW PROGRAM: "POWER-UP FOR CAREGIVERS"

ST. GEORGE, UT — MARCH 3, 2022 – Caregiving takes a great deal of heart and sacrifice. Sometimes a caregiver can get lost in the job. Depression, anxiety, and isolation are often an unwanted part of their new life experience. They take classes to learn how to care for a loved one, and many of these important classes are available in our community. However, caregivers need to take time out to learn how to care for their own needs, to fill their own losses to cope with the caregiving lifestyle.

Memory Matters Utah is kicking off a new **12-week** series to help empower all types of caregivers in caring for their physical, mental, and emotional needs. This free life-coaching course will begin on **April 4, 2022 and continue for 12 weeks each Tuesday from 12:00 to 1:00. The location of the first course will be** at the Memory Matters Utah office, 168 N. 100 East Suite 104 in St. George.

"Power-Up for Caregivers" focuses directly on the caregiver and is applicable to **all areas of caregiving**. This course will use the GOGI life-coaching program developed by Dr. Tamara "Coach" Taylor. Coach Taylor's organization has impacted thousands in 37 different states by allowing them to find help while dealing with difficult situations. Dr. Taylor founded the Getting Out by Going In (GOGI) nonprofit and explains that GOGI "is really a set of life tools to help you make better decisions; to be the solution you are seeking."

Memory Matters knows what caregiving means in real-life scenarios. The staff have decades of experience and training and understand what it's like to get burned out, to be at your wits-end, to be tired, anxious, and feel like you're at the end of your rope without a clue about how to proceed. LuAnn Lundquist said about the program, "This course will coach caregivers in learning to flourish and excel personally as they watch over their loved ones."

The 12-week **live-coaching** program will be provided **free of charge** thanks to a generous grant by Three Corners Womens Giving Circle. Every participant will be provided with a workbook. **Registration for the series is required.** Register, and save your seat today by phone (435-319-0407) or email (mememorymattersutah@gmail.com).

If you would like more information about Memory Matters Utah or sponsored programs and services, call us at: 435-319-0407; or email us at: memorymattersutah@gmail.com

Memory Matters Utah/Nevada is 501(c)(3), local, nonprofit organization. Our mission is to reduce isolation and improve wellness for individuals with dementia and their caregivers through activities, support, education, and consultation. Learn more at: www.mememorymattersutah.org

###