



Felician Village

1635 S. 21st Street ♥ Manitowoc, Wisconsin 54220-5652
T (920) 684-7171 F (920) 684-0240 ♥ www.felicianvillage.org

FOR IMMEDIATE RELEASE

Felician Village offers first caregiver college class February 25

MANITOWOC, Wis. (Feb. 19, 2020) - The first class for caregivers, “**MIND Diet: Foods to Eat & to Avoid,**” will be held on Tuesday, February 25, at 2 p.m. at Felician Village- Village Hall, 1635 S. 21st Street, Manitowoc.

The MIND diet is aimed at reducing the risk of dementia and the decline in brain health that people often experience as they age. Adopting a healthy diet and lifestyle has been among the most consistent recommendations to maintain brain health over the long term.

Join Erin Diederich, UW-Green Bay Dietetic Intern at Felician Village, as she explains the MIND diet and discusses what foods to eat and what foods to avoid.

Felician Village will offer several caregiver classes for the community throughout the upcoming year. “Caregiver College” will help caregivers enhance their skills and knowledge of caring for a person with Alzheimer’s disease or dementia.

All classes will be held in the Village Hall at Felician Village, 1635 S. 21st St., Manitowoc, unless otherwise noted. Registration is required for all classes. To register, call 920-684-7171, ext. 329.

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About Felician Village

Felician Village, a continuing care campus, has been providing housing and services for seniors through rehabilitation, independent living, assisted living and long-term care for more than 130 years. Felician Village is a Catholic organization that welcomes people from all faiths.

Contact

Barb Fricke

Director of Marketing

920-684-7171 ext. 329

bfricke@felicianvillage.org

Kim Christoffel

Marketing Specialist

920-684-7171 ext. 361

kchristoffel@felicianvillage.org