

Are you a caregiver of  
a loved one with  
Alzheimer's or  
dementia?

Could you benefit from  
learning some techniques to  
improve your well-being and  
reduce stress?

Are you and your loved one eating foods that promote health?  
Enough protein to maintain your muscle strength and function?

***We are offering a free 8 week, telehealth and wellness program to increase your nutrition and decrease your stress. You will receive one on one nutritional and stress reduction coaching.***

Dr. D'Avolio, a Ph.D. Nurse Practitioner & Certified Integrative Health and Wellness Nurse Coach

Dr. Sareen Gropper, a PhD trained Registered & Licensed Dietitian

Aimed at helping caregivers to  
Improve their own diet and that of their loved one,  
Reduce stress and  
Improve well-being

Interested individuals should email Dr. D'Avolio at  
[ddavolio@health.fau.edu](mailto:ddavolio@health.fau.edu) or call 617-899-9945