

Join us for a morning of resources, inspiration, and support!

# The Alzheimer's Journey: Navigating So Many Goodbyes

A workshop for those caring for someone living at home with memory loss

Facilitated by Karla Hult of So Many Goodbyes & KARE 11



**Saturday, April 26, 2025 10–11:30 AM**

**Lyngblomsten at Lino Lakes**

6070 Blanchard Boulevard, Lino Lakes, MN 55014

Join us for an engaging conversation about the many goodbyes along the journey of Alzheimer's and other dementias. Pairing the latest news and research on Alzheimer's with a deeply compassionate look at the caregiving experience, workshop facilitator Karla Hult will offer both practical advice and emotional support as she shares her unique perspective:

- As a *journalist*, Karla understands the latest developments when it comes to Alzheimer's and other dementia realities and research.
- As an *advocate*, Karla has the honor of speaking alongside some of the top Alzheimer's and other dementia experts in the world.
- As a *daughter*, Karla knows the pain of saying So Many Goodbyes to her beloved dad.

Together, we'll learn more about the cost of dementia—personally and globally—as well as the profound HOPE that does exist in the form of new research and resources in your community. Ultimately, this event will remind participants: You CAN still find joy during the journey . . . you are NOT alone.

There will also be staff from Lyngblomsten sharing information about our caregiver support groups and memory loss enrichment/respite program. Tours of the senior living campus (which includes assisted living and memory care) are available following the presentation.

**Fee:** FREE! This event is sponsored by Lyngblomsten in support of those caring for a loved one living at home with memory loss.

**RSVP:** Reservations required on/by Monday, April 21. Scan the QR Code, visit [www.Lyngblomsten.org/Journey](http://www.Lyngblomsten.org/Journey), or email [aquick@lyngblomsten.org](mailto:aquick@lyngblomsten.org).



**Karla Hult** is an award-winning journalist for KARE 11, host of the "Hello Alzheimer's" podcast, and founder of So Many Goodbyes—an organization that informs, inspires, and affirms everyone touched by dementia, while also educating the greater community about this crisis. Karla is honored to uplift others and share the stories of her home state.