

## SPEAKER SERIES

# Join Us!

Our new rotating speaker series, *Nurturing Your Nervous System*, launches September 10th! Aegis Living Kirkland will host the inaugural event at 13000 Totem Lake Blvd NE, Kirkland, WA 98034.

AEGIS LIVING PRESENTS

**Ashica DeMira**

**2:00 - 3:00 pm**

**KINDLY RSVP**

Scan the QR code or email [rebecca.miller@aegisliving.com](mailto:rebecca.miller@aegisliving.com)



Ashica DeMira MSW, LICSW will help you understand your stress responses and learn to support your brain and body's needs. Learn to manage challenging situations and foster deeper connections with your loved ones.

**Ashica DeMira**

MSW, LICSW

Ashica is a Licensed Independent Clinical Social Worker and an alumni of the University of Washington School of Social Work. She has over a decade of experience in providing

compassionate clinical care to older adults, families, caregivers, and healthcare centers. She is well versed in navigating the continuum of care, and supporting clients in understanding Medicare, hospital stays, geriatric psychiatry, memory care, long term care, home health, palliative care, and hospice care.



**Aegis Living**  
Assisted Living | Memory Care

**KIRKLAND**

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