

# Virtual Alzheimer's Education Series

## April, May & June 2024



Register at [alz.org/wi](https://alz.org/wi) or call our Helpline at 800.272.3900



Join us for this free monthly Virtual Education Series hosted by the Alzheimer's Association Wisconsin Chapter. This series is tailored for caregivers, families, and those living with Alzheimer's and other dementias. Each month features a Community Education Program covering essential caregiver topics, along with an expert speaker bringing diverse insight. Come learn, share, and find support on your journey.

**Thursday, April 25: 11 AM - 12 PM**

### The Ten Warning Signs of Alzheimer's Alzheimer's Association Education Program

What are the common signs of dementia and Alzheimer's versus typical age-related changes? How do I approach someone about memory concerns, and what are the benefits of early detection?

**Tuesday, April 30: 2 - 3 PM**

### Journey of the Care Continuum thru the Stages of Dementia

Julie Rosnowski-Olson, Geriatric Nurse Prac., MSN, BSN, RN

Learn about options for support and care at different stages as well as costs and community resources, and what to look for when visiting care facilities.

**Thursday, May 16: 2 - 3 PM**

### Understanding Alzheimer's & Dementia Alzheimer's Association Education Program

What is the difference between Alzheimer's and dementia? What happens in the brain? What are the stages, and current research and treatments?

**Wednesday, May 22: 11 AM - 12 PM**

### Are You Kidding...LOVE Myself?

Julia Johnson, SLP-CCC Dementia Care Consult.

Loving YOURSELF while being a caregiver is tough! Join us to gather solutions to reduce your stress and become the best care partner, while still loving YOU!

**Tuesday, June 4: 7 - 8 PM**

### Healthy Living for Your Brain & Body Alzheimer's Association Education Program

Learn strategies for healthy aging that may delay the onset of cognitive decline through socialization, cognitive activity, physical exercise, diet and nutrition.

**Thursday, June 13: 11 AM - 12 PM**

### Advancing the Science: The Latest in Alzheimer's and Dementia Research

Lisa Groon, Senior Health Systems Dir., Alz. Association

Learn about FDA-approved treatments for Alzheimer's disease and the pathway to access treatment and other resources available.

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