

# JOIN US IN MARCH AND APRIL ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

## ENGLISH CLASSES

### 10 Warning Signs of Alzheimer's

Tuesday, March 12, 2-3 p.m. | [Register](#)

### Advancing the Science:

#### The Latest in Alzheimer's and Dementia Research

Wednesday, March 13, 2-3 p.m. | [Register](#)

### Dementia Conversations

Thursday, March 21, 10-11 a.m. | [Register](#)

### Effective Communication Strategies

Tuesday, March 26, 2-3 p.m. | [Register](#)

### Healthy Living for Your Brain and Body

Tuesday, April 2, 2-3 p.m. | [Register](#)

### Understanding Alzheimer's and Dementia

Thursday, April 11, 10-11 a.m. | [Register](#)

### Understanding and Responding to Dementia-Related Behavior

Thursday, April 25, 2-3 p.m. | [Register](#)



## SPANISH CLASSES

### Understanding and Responding to Dementia- Related Behavior

Thursday, March 21, 6:30-7:30 p.m. | [Register](#)

### Healthy Living for Your Brain and Body

Thursday, April 18, 6:30-7:30 p.m. | [Register](#)

## CHINESE CLASSES

### Effective Communication Strategies (Cantonese)

Friday, March 8, 2-3 p.m. | [Register](#)

### 10 Warning Signs of Alzheimer's (Mandarin)

Tuesday, March 19, 10-11 a.m. | [Register](#)

### Understanding Alzheimer's and Dementia (Mandarin)

Friday, March 22, 10-11 a.m. | [Register](#)

### Understanding and Responding to Dementia- Related Behavior (Mandarin)

Wednesday, April 10, 2-3 p.m. | [Register](#)

### Healthy Living for Your Brain and Body (Mandarin)

Thursday, April 18, 2-3 p.m. | [Register](#)

### Understanding Alzheimer's and Dementia (Cantonese)

Tuesday, April 23, 10-11 a.m. | [Register](#)

**For on-demand recorded classes, please  
visit [alz.org/education](https://alz.org/education)**

**TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT ALZ.ORG/CRF**

ALZHEIMER'S  ASSOCIATION®

Program descriptions on back. Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.

# JOIN US IN MARCH AND APRIL PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

## **INTRODUCTION TO ALZHEIMER'S**

Join us for a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

## **HEALTHY LIVING FOR YOUR BRAIN AND BODY**

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

## **UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR**

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

## **10 WARNING SIGNS OF ALZHEIMER'S**

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

## **UNDERSTANDING ALZHEIMER'S AND DEMENTIA**

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

## **DEMENTIA CONVERSATIONS**

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

## **EFFECTIVE COMMUNICATION STRATEGIES**

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

## **LIVING WITH ALZHEIMER'S: FOR PEOPLE WITH ALZHEIMER'S (3-PART WORKSHOP)**

For individuals living with Alzheimer's: The diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are, and will learn what you need to know to navigate this chapter of your life.

## **LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - EARLY STAGE (3-PART WORKSHOP)**

In the early stage of Alzheimer's disease, families face new questions as they adjust. This three-part program provides practical answers to the questions that arise in the early stage.

## **LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - MIDDLE STAGE (3-PART WORKSHOP)**

In the middle stage of Alzheimer's disease, care partners now become hands-on caregivers. During this three-part series, caregivers will learn helpful strategies to enhance safety and communication, manage challenging behaviors, provide personal care, and prepare for emergencies.

## **LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - LATE-STAGE (2-PART WORKSHOP)**

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this two-part series, caregivers learn about resources, monitoring care, and ways to engage in meaningful connections.

## **MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**TO REGISTER OR LEARN MORE,  
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