

## ATTENTION: Calendar & Events

### CALENDAR ANNOUNCEMENT – Wednesday, July 29<sup>th</sup>

**WHAT: ALZHEIMER'S ASSOCIATION PRESENTS FREE  
"KNOW THE 10 SIGNS: EARLY DETECTION MATTERS"  
WORKSHOP**

The Alzheimer's Association *Know the 10 Signs: Early Detection Matters* workshop provides attendees with an understanding of the difference between age-related memory loss and Alzheimer's and what to do if they or someone they know has signs of the disease.

Attendees will view video footage of real people who are living with the early stages of dementia and their families addressing fears and myths associated with Alzheimer's disease. The workshop will cover the following topics:

- The 10 warning signs
- Basic overview of Alzheimer's disease
- Risk factors
- What is involved in getting a diagnosis
- Benefits of early detection including accessing available treatment, planning for the future and participating in clinical trials

Following the video segment there will be a guided discussion led by Tracey Robertson, Program Education and Outreach Coordinator for Alzheimer's Association East Central Iowa Chapter. All who are interested are welcome to attend this complimentary workshop.

**WHEN & WHERE:**

**Wednesday, July 29<sup>th</sup> from 12:00 – 1:00pm**  
**Kalona Public Library, 510 C Avenue in Kalona**  
**Registration is encouraged. Please call 800-272-3900 to register.**  
**This is a lunch'n'learn workshop. Please bring a sack lunch.**

**WHY:**

- As many as 5.3 million Americans are living with Alzheimer's disease and that figure is expected to grow to as many as 16 million by 2050.
- In 2011, the first wave of baby boomers begins turning 65 — which is not only the age of Medicare eligibility, it is also the age of greatest risk for developing Alzheimer's disease.
- Early diagnosis gives individuals the power to make choices about their own health and future with Alzheimer's in the picture.

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