



the compassion to care, the leadership to conquer

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FOR IMMEDIATE RELEASE

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**Alzheimer's Association offers Family Caregiver Training Series in  
Linn County**

**(Cedar Rapids, Iowa)**– The Alzheimer's Association East Central Iowa Chapter will offer a FREE two-part series for family caregivers at St. Luke's Heart Center, located at 1026 A Avenue NE in Cedar Rapids. Part One of the series will take place on Tuesday, September 14<sup>th</sup> from 1 p.m. to 4 p.m., and Part Two will take place on Tuesday, September 21<sup>st</sup> from 1 p.m. to 4 p.m.

Family Caregiver Training will teach those caring for a loved one with Alzheimer's disease or related dementia ideas and techniques to assist with caregiving. It will offer techniques to help their loved one with the activities of daily living; such as eating, getting dressed, bathing and transferring. Attendees will also learn how they can make these activities easier for themselves and the person they are caring for along with how to prevent or reduce the risk of injury.

This FREE two-part series is presented by the Alzheimer's Association East Central Iowa Chapter and is funded in part by United Way of East Central Iowa. Free respite is available through Milestones Adult Day Health Center. To make a respite reservation, please call Ann at 319-398-3547 by Friday, September 10, 2010.

**Registration is required for this workshop.** For more information, visit our website at [www.alz.org/eci](http://www.alz.org/eci). To register, call 1.800.272.3900 or email Amanda Miller at [Amanda.miller@alz.org](mailto:Amanda.miller@alz.org). Registrations are accepted until September 10, 2010.

**About the Alzheimer's Association:**

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support, advocacy and research. Our mission is to eliminate Alzheimer's disease

through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. Our vision is a world without Alzheimer's. For more information, visit [www.alz.org/eci](http://www.alz.org/eci).

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