



the compassion to care, the leadership to conquer

FOR IMMEDIATE RELEASE

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

(Cedar Rapids, Iowa, June 30, 2010)– The Alzheimer's Association East Central Iowa Chapter will offer a FREE two-part series for family caregivers at the St. Luke's Women's & Children's Center, located at 225 12th Street NE in Cedar Rapids. Part One of the series will take place on Wednesday, July 14th from 1 p.m. to 4 p.m., and Part Two will take place on Wednesday, July 21st from 1 p.m. to 4 p.m.

The 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, transferring and using the toilet. Attendees will also learn how they can make these activities easier for themselves and the person they are caring for and 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 care is available at Milestones Adult Day Health Center in Cedar Rapids on a first come first serve basis.

Registration is required for this workshop. For more information, visit our website at www.alz.org/eci. To register by July 9th, please call 319.294.9699 or email Amanda Miller at Amanda.miller@alz.org.

About the Alzheimer's Association:

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support 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.

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