

learn

Today 10 million Americans provide care for a person with Alzheimer's disease or a related dementia, and many employees nationwide are affected. Show your support for them and the millions of others Alzheimer's touches. Include the Alzheimer's Association when you plan your health and wellness employee outreach programs.

Because many of them may be impacted by the disease, employees are eager to receive information about brain health and Alzheimer's disease. Let us help you answer questions like:

- What is Alzheimer's disease?
- What progress are Alzheimer researchers making?
- How do I maintain a brain-healthy lifestyle?
- What is the public impact of Alzheimer's disease?
- How does Alzheimer's affect diverse populations?
- How can I get involved?

Our chapters are in the communities where you work, and can provide you with a number of information tools, including on-site Alzheimer educational workshops and interactive resources.

Educational workshops

- **Understanding Alzheimer's:** Get a general overview of what Alzheimer's disease is and how it affects the brain. Using our interactive brain tour as a guide, learn how to recognize the symptoms, understand the disease path and hear about the strides being made in treatment options and research.
- **Maintain Your Brain[®]:** Learn how to keep your gray matter healthy through our research-based information about ways to enhance brain health and vitality. Includes interactive exercises, colorful audiovisuals and easy-to-follow tips for flexing your brain.

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