

FOR IMMEDIATE RELEASE

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FREE EDUCATION SERIES ON ALZHEIMER'S AND CAREGIVER ISSUES

CROWN POINT, IN— The Alzheimer's Association and St. Anthony Medical Center are sponsoring a free, four-part Alzheimer's education series entitled *Community Conversations*. The programs will be held in the Marion Education Center on the campus of St. Anthony Medical Center, 1201 S. Main Street on consecutive Mondays in Nov. at 4:30 p.m.

Nov. 9

"Know the 10 Signs" will cover many of the causes of memory loss, including Alzheimer's disease and different types of dementia. This program is being presented in conjunction with the Alzheimer's Association national promotion for early detection/early diagnosis. This program will be presented by Darren Leavitt, Executive Director of Arden Courts.

Nov. 16

"Making Life Decisions" will provide information on the financial and legal issues that can arise with a diagnosis of Alzheimer's disease. Elder Law Attorney, Alissa Kohlhoff, will present this program.

Nov. 23

"Caring for the Caregiver" is an educational program designed for people who are caring for someone with memory loss. With an emphasis on caring for oneself, this workshop explores coping strategies for the caregiver, grief, stress management, family dynamics, and using resources to help manage the journey.

Nov. 30

"Maintain Your Brain" is about living a brain healthy lifestyle. Mounting evidence suggests that we can manage certain risk factors and maintain optimal brain functions. Just as we can take steps to maintain a healthy heart, we can manage certain risk factors to maintain a healthy brain. This workshop will cover specific things you can do to maintain your brain.

Pre-registration is requested for each individual program. To reserve your space or for additional information call the Alzheimer's Association at 1-800-272-3900.

Today, approximately 5.3 million Americans have Alzheimer's disease, including 120,000 Hoosiers. Every 70 seconds, someone develops Alzheimer's disease, making Alzheimer's disease the 7th leading cause of death. The direct and indirect costs of Alzheimer's disease and other dementia amount to more than \$148 billion annually.

The Alzheimer's Association is the world leader in Alzheimer's research and support. Having awarded more than \$150 million to nearly 1,300 research projects, the Alzheimer's Association is the largest private funder of Alzheimer research. The Association's vision is a world without Alzheimer's disease. For more information about Alzheimer's disease, call 800.272.3900 or visit www.alz.org/indiana.