

# June 2022

## Alzheimer's and Brain Awareness Month



In honor of Alzheimer's and Brain Awareness Month, we invite you to attend any or all of the following virtual events at *NO COST*.

Professional experts will present important topics about prevention, research and self-care related to Alzheimer's disease and brain health.

All are welcome and the first 100 registered will receive a **\*FREE\*** participant care package.

**Registration deadline: May 24**

Brought to you in partnership by:



Questions? Email [NebraskaInfo@alz.org](mailto:NebraskaInfo@alz.org)

# SCHEDULE OF EVENTS

## LEGO: SERIOUS PLAY FOR FAMILY CAREGIVERS

JUNE 9 AT 11:00 AM CST [REGISTER HERE](#)

*90 minutes*

**Presented by National speaker, Loretta Veney, Author of *Being my Mom's Mom***

Relax and enjoy while rebuilding joy, hope and superpower to conquer caregiving challenges!



## LOOKING AHEAD: The Latest RESEARCH AND TREATMENT for Alzheimer's and Dementia

JUNE 16 at 11:00 AM CST [REGISTER HERE](#)

*60 minutes*

**Join Dr. Clair Sexton, Director of Scientific Programs and Outreach at the Alzheimer's Association**

Dr. Sexton will share all the updates with you!



## MUSIC AND THE BRAIN

JUNE 23 AT 12:00 PM CST [REGISTER HERE](#)

*60 Minutes*

**Presented by Emily Wadams, MT-BC, Music Therapist and Owner of Omaha Music Therapy**

Emily will guide caregivers of people living with dementia through a musical journey to cope with stress and living.



## HEALTHY LIVING FOR BRAIN AND BODY and THE MIND DIET

JUNE 30 AT 12:00 PM CST [REGISTER HERE](#)

*90 Minutes*

**Presented by Jenna Wuebker, MS, RD, LMNT; and Natalie Shearer, Volunteer Community Educator from the Alzheimer's Association Nebraska Chapter**

The Association will share information on nutrition, exercise, cognitive activity and social engagement. Jenna will share simple steps to build a healthy diet which leads to lower risk of dementia and other health conditions.

