

Brain Health & Dementia Virtual Lunch & Learn Series

FALL 2025

Friday

9/12

12-1 pm

Healthy Living for Your Brain & Body

Results from the Association's recent U.S. POINTER clinical trial found that certain lifestyle interventions targeting a combination of physical activity, improving nutrition, cognitive and social challenge, and health monitoring improved cognition in older adults at risk of cognitive decline. Join us to learn about this new research and how you can incorporate these recommendations into a plan for healthy aging.

**[REGISTER
HERE](#)**

Friday

10/10

12-1 pm

Understanding Alzheimer's & Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and new treatments available; and Alzheimer's Association resources.

**[REGISTER
HERE](#)**

Friday

11/14

12-1 pm

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss.

**[REGISTER
HERE](#)**

Registration is required to receive the Zoom link.
To register, click the links to the right of each program, call 800.272.3900
or email capitaloftexas@alz.org.