



JUNE VIRTUAL EDUCATION SERIES

Join us as we kick off June, Alzheimer's & Brain Awareness Month, with two programs intended to increase knowledge about common warning signs of Alzheimer's and what each of us can do to reduce our risk of cognitive decline as we age. Later in the month we will start up our 5-part series "The Empowered Caregiver."

Alzheimer's & Brain Awareness

FRIDAY, JUNE 6 | 12 - 1 pm | 10 Warning Signs of Alzheimer's | [REGISTER](#)

FRIDAY, JUNE 13 | 12 - 1 pm | Healthy Living for Your Brain & Body | [REGISTER](#)

[Course descriptions on the back](#)

The Empowered Caregiver

FRIDAY, JUNE 20 | 12 - 1 pm | Building Foundations of Caregiving | [REGISTER](#)

FRIDAY, JUNE 27 | 12 - 1 pm | Supporting Independence | [REGISTER](#)

FRIDAY, JULY 11 | 12 - 1 pm | Communicating Effectively | [REGISTER](#)

FRIDAY, JULY 18 | 12 - 1 pm | Responding to Dementia-Related Behavior | [REGISTER](#)

FRIDAY, JULY 25 | 12 - 1 pm | Exploring Care & Support Services | [REGISTER](#)

[Course descriptions on the back](#)

*To register for these programs, call 800.272.3900
or click the corresponding links above.*

Course Descriptions

Alzheimer's & Brain Awareness

10 Warning Signs of Alzheimer's

Learn the differences between typical aging and common warning signs that could be causes for concern. This program also provides tips for approaching someone about memory loss, explains the importance of early detection and benefits of diagnosis, and examines possible tests and assessments for the diagnostic process.

Healthy Living for Your Brain & Body

Join us to learn about the latest research, providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

The Empowered Caregiver Series

Building Foundations of Caregiving

This program explores the role of caregivers and changes they may experience, building a support team and managing caregiver stress..

Supporting Independence

focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Communicating Effectively

teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Responding to Dementia-Related Behaviors

details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

Exploring Care & Support Services

examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.