

Back-to-Basics Education Series



Week 1: Alzheimer's Association 101

June 3, 2020 | 11:00 a.m. - 12:00 p.m.

The Alzheimer's Association is the world's leading voluntary health organization in Alzheimer's care, support and research. Learn more about the Washington State Chapter, local programs, services and events, as well as our vital role in shaping public policy and advancing Alzheimer's research. | [REGISTER](#)

Week 2: Healthy Living for the Brain and Body

June 10, 2020 | 12-1:30 p.m.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. | [REGISTER](#)

Week 3: Understanding Alzheimer's and Dementia

June 15, 2020 | 3-4:00 p.m. PDT

Alzheimer's is not a normal part of aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the differences of Alzheimer's & dementia and more. | [REGISTER](#)

Week 4: 10 Warning Signs of Alzheimer's

June 25, 2020 | 1-3:00 p.m.

Alzheimer's is not a normal part of aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the differences of Alzheimer's & dementia and more. | [REGISTER](#)

Week 5: Lo Básico

30 de Junio, 2020 | 4-5:30 p.m.

Lo Básico: La Pérdida De Memoria, La Demencia, Y La Enfermedad de Alzheimer es un taller presentado por la Asociación de Alzheimer, para cualquier persona a quien le gustaría saber más sobre la enfermedad de Alzheimer y las demencias relacionadas. | [REGISTRARSE](#)

For a full list of educational webinars in June, visit: alzwa.org/education

Learn more and register today!
1.800.272.3900 or alzwa.org/education