

Live Webinars on Thursdays Fall 2018

The Alzheimer's Association now offers live, interactive programs conducted through the internet. Participation is easy and is a great solution if you cannot attend a program in person. Instead, you attend via your computer, smart phone or tablet. If you can open an email and click a link, you can join our webinars – it's that easy! To register call 800.272.3900 or email infofgc@alz.org.

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Healthy Living for Your Brain and Body: Tips from the Latest Research is designed for individuals of any age who are looking for information on ways to age as well as possible. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. 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.



Date	Time	Date	Time	Date	Time
Sept. 20	12 - 1 p.m.	Oct. 18	12 - 1 p.m.	Nov. 15	12 - 1 p.m.
	7 - 8 p.m.		7 - 8 p.m.		7 - 8 p.m.
Sept. 27	10 - 11 a.m.	Oct. 25	9:30 - 10:30 a.m.	Nov. 22	10 - 11 a.m.
	5:30 - 6:30 p.m.		7 - 8 p.m.		5:30 - 6:30 p.m.
Oct. 4	12 - 1 p.m.	Nov. 1	12 - 1 p.m.	Dec. 6	11 a.m. - 12 p.m.
	7 - 8 p.m.		7 - 8 p.m.		
Oct. 11	10 - 11 a.m.	Nov. 8	10 - 11 a.m.		
	5:30 - 6:30 p.m.		5:30 - 6:30 p.m.		

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

ALZHEIMER'S IS NOT NORMAL AGING. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about: The impact of Alzheimer's. The difference between Alzheimer's and dementia. Alzheimer's disease stages and risk factors. Current research and treatments available to address some symptoms. And Alzheimer's Association resources.



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