

EDUCATION PROGRAMS NEAR YOU



Program Description	Date/Time	Location
<p>Healthy Living for Your Brain & Body 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.</p>	<p>Tuesday September 11, Noon - 1:30 p.m.</p>	<p>Johnny's Pour House, 240 W. Main St., Flushing</p>
<p>Know the 10 Signs The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Attend this interactive workshop to learn the 10 Warning Signs of Alzheimer's disease. We'll separate myth from reality, address commonly-held fears about Alzheimer's in America and hear from people who have the disease.</p>	<p>Wednesday, September 26. 6-7:30 p.m.</p>	<p>Charter Senior Living - Davison, 10222 Lapeer Rd, Davison</p>
<p>Living with Alzheimer's: For People Living with Dementia The diagnosis of Alzheimer's disease is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this three-part program and have a chance to hear from others who have been where you are discussing what you need to know, what you need to plan, and what you need to develop and work with your care team.</p>	<p>Thursdays, September 6, 13, 20 & 27, 2-4 p.m.</p>	<p>Saginaw County Commission on Aging, 2355 Schust Rd., Saginaw</p>
<p>The Basics: Memory Loss, Dementia & Alzheimer's Disease Alzheimer's disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.</p>	<p>Wednesday, September 19, 7-9 p.m.</p>	<p>Linden Masonic Center, 119 N. Bridge St., Linden*</p>

Additional programs listed on reverse side

**TO REGISTER PLEASE CALL 800.272.3900 OR
 EMAIL HELPLINEGMC@ALZ.ORG**

Program Description	Date/Time	Location
<p>Understanding Alzheimer's and Dementia Alzheimer's disease is not a normal part of aging. It's a disease of the brain that causes problems with memory, thinking and behavior. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on the impact of Alzheimer's, the difference between Alzheimer's and dementia, the disease stages and risk factors, current research and treatments available to address some symptoms as well as Alzheimer's Association resources..</p>	<p>Wednesday, September 12, 6:30–8 p.m.</p>	<p>Charter Senior Living - Davison, 10222 Lapeer Rd, Davison</p>
<p>Understanding & Responding to Dementia-Related Behaviors As dementia progresses, language skills and the ability to express feelings and needs may change. Some behaviors can present challenges for caregivers to manage. The Understanding and Responding to Dementia-Related Behaviors program will help attendees better understand behaviors, including common triggers and strategies to help assess and intervene with dementia-related behaviors.</p>	<p>Thursday, September 13, 5–6:30 p.m.</p>	<p>McFarland Home, 700 E. Kearsley St., Flint</p>
<p>Understanding & Responding to Dementia-Related Behaviors As dementia progresses, language skills and the ability to express feelings and needs may change. Some behaviors can present challenges for caregivers to manage. The Understanding and Responding to Dementia-Related Behaviors program will help attendees better understand behaviors, including common triggers and strategies to help assess and intervene with dementia-related behaviors.</p>	<p>Friday, September 14, 10–11 a.m.</p>	<p>Grand Blanc Senior Center, 12632 Pagels Dr., Grand Blanc</p>

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