

# EDUCATION PROGRAMS NEAR YOU



Program Description	Date/Time	Location
<p><b>Dementia Conversations: Driving, Doctor Visits, Legal &amp; Financial</b></p> <p>Planning is an education workshop offered by the Alzheimer's Association that offers helpful tips to assist families in having honest and caring conversations with family members about dementia. The workshop reinforces the need to plan ahead and build a care team that communicates well in order to reduce the stress that can accompany a disease like Alzheimer's and connects you with helpful resources to enhance quality of life for everyone involved.</p>	<p>Thursday, October 18, 6–8 p.m.</p>	<p>Royal Oak Beaumont Neuroscience Center, Allison Conference Room, 2nd Floor, 3555 West 13 Mile Rd., Royal Oak</p>
<p><b>Healthy Living for Your Brain &amp; Body</b></p> <p>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>Monday, November 19, 1:30–3:30 p.m.</p>	<p><b>Special Event: this program includes a hands-on art project for people living with dementia and caregivers</b></p> <p>Henry Ford Macomb Medical Pavilion, 16151 19 Mile Rd. <i>Please RSVP to Angela Popoff at 586.731.8900 ext: 634</i></p>
<p><b>Know the 10 Signs</b></p> <p>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>Tuesday, September 11, Noon – 1 p.m.</p>	<p>Detroit Public Library - Wilder Branch, 7140 Seven Mile E., Detroit</p>
<p><b>Living with Alzheimer's: Middle Stage</b></p> <p>In the middle stage of Alzheimer's disease, those who were care partners now become hands-on caregivers. Join us for this 3-part series and hear caregivers and professionals discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's.</p>	<p>Thursday, October 25, 7–8 p.m.</p>	<p>The Family Center, 32 Lake Shore Dr., Grosse Pointe Farms</p>
Program Description	Date/Time	Location

*Additional programs listed on reverse side*

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

*Funding for these educational programs is made possible in part by AAA 1-B, Detroit Area Agency on Aging, United Way of Sanilac County, United Way of Southeastern Michigan and Mary Wilson*

<p><b>Understanding Alzheimer's and Dementia</b>                  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,                  9-10 a.m.</p>	<p>Free Educational Webinar with one continuing education unit for Community Health Workers, RSVP by 9/11 to Jean Barnas 248.996.1033 or <a href="mailto:jbarnas@alz.org">jbarnas@alz.org</a></p>
	<p>Thursday,                  September 20,                  6-8 p.m.</p>	<p>Royal Oak Beaumont Neuroscience Center, Allison Conference Room, 2nd Floor, 3555 West 13 Mile Rd., Royal Oak</p>
	<p>Saturday,                  September 29,                  2-3 p.m.</p>	<p>Lake Orion Public Library. 825 Joslyn Rd., Lake Orion</p>
<p><b>Understanding and Responding to Dementia-Related Behaviors</b>                  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>Wednesday,                  August 25,                  6:30-7:30 p.m.</p>	<p>American House Roseville, 17255 Common Rd., Roseville</p>

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