**THE HOLIDAYS AND ALZHEIMER’S**
Holidays can be stressful for anyone, but especially for those with Alzheimer’s and their caregivers. Our website offers many tips for families and caregivers to help reduce the stress around the holidays and family gatherings.

**CLICK HERE FOR MORE INFORMATION**

**REGISTER & RAISE $200**
Cool days and nights are upon us. Register for The Longest Day and raise $200 by December 21, the winter solstice, and you'll earn a thermos perfect for keeping your favorite soup warm!

**CLICK HERE TO REGISTER**

**VIRTUAL AND IN-PERSON EDUCATION**
Education topics include Dementia Conversations, Effective Communication Strategies, Legal and Financial Issues, Healthy Living for the Brain and Body, and Know the 10 Signs of Alzheimer’s. Classes are FREE of charge.

**CLICK HERE TO LEARN MORE!**

**CLICK HERE TO REGISTER FOR EFFECTIVE COMMUNICATION STRATEGIES ON DECEMBER 7**

**FIRST RESPONDER TRAINING**
People with Alzheimer’s or another dementia can unknowingly put themselves and others in dangerous situations. Understanding the disease is the key to ensuring you make the right response.

**CLICK HERE FOR MORE INFORMATION**

**VIRTUAL AND IN-PERSON SUPPORT GROUPS**
The Heart of America Chapter provides several regularly scheduled support groups facilitated by trained volunteers.

**CLICK HERE TO SEE CURRENT SCHEDULE**

**KANSAS STATE ADVOCACY DAY**
Please join fellow advocates February 7, to hear and meet elected officials, hear guest speakers, receive a research update and advocacy training. Lunch will be included.

**CLICK HERE TO LEARN MORE**

---

**MAKE YOUR DONATION YOUR GIFT**
This holiday season, honor a walker with your donation. Donate to any Heart of America Chapter Walk by December 31, 2022!

[alz.org/hoawalk]

**WALK TO END ALZHEIMER’S**

**STAY UP TO DATE VIA OUR SOCIAL MEDIA!**

@alzkansasity
@alz_heart_of_america
@alzkc