These programs are live and interactive. Registration is required.
To learn more or to register by phone, call our 24/7 Helpline at 1-800-272-3900.

The 10 Warning Signs of Alzheimer's: Learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Tuesday, 1/10/2023 10:00-11:00 am | REGISTER AT bit.ly/ALZ11023

Healthy Living for Your Brain & Body: 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.

Thursday, 1/12/2023 7:00-8:00 pm | REGISTER AT bit.ly/ALZ11223

Understanding Alzheimer's and Dementia: Learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Tuesday, 1/17/2023 10:00-11:00 am | REGISTER AT bit.ly/ALZ11723

Dementia Conversations: This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

Tuesday, 1/24/2023 10:00-11:00 am | REGISTER AT bit.ly/ALZ12423

Understanding and Responding to Dementia-Related Behaviors: Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Tuesday 1/31/2023 | REGISTER AT bit.ly/ALZ13123

For more information, visit our website at alz.org/maryland, or call our 24/7 Helpline.