

# Lunch and Learn virtual series

*Attend one or all to learn more about  
Alzheimer's disease.*



## 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, and Alzheimer's Association resources.

**Thursday, March 14 12 - 1 p.m. CT**

*Presenter: Susan Milender, M.Ed, RDN, LRD*

*Family and Community Wellness, NDSU Extension/Barnes County*

**Register at**

<https://bit.ly/3vVoQcZ>

## 10 Warning Signs

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, and Alzheimer's Association resources.

**Thursday, March 28 12 - 1 p.m. CT**

*Presenter: Acacia Stuckle, Family and Community Wellness, NDSU Extension/Emmons County*

**Register at**

<https://bit.ly/3SDf9ZM>

## Dementia Conversations : Driving, Doctor Visits, Legal and Financial Planning

Often, conversations with family about changing behaviors can be challenging and uncomfortable. Get 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.

**Monday, April 8 12 - 1 p.m. CT**

*Presenter: Erin Berentson, MPH, RDN, LRD*

*Family and Community Wellness, NDSU Extension/Bottineau County*

**Register at**

<https://bit.ly/4bm6QZq>

## Healthy Living for Your Brain and Body: Tips from the Latest Research

Get insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. 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.

**Monday, April 22 12 - 1 p.m. CT**

*Presenter: Rita Ussatis, MS, Family and Community Wellness, NDSU Extension/Cass County*

**Register at**

<https://bit.ly/3uhx2nr>

*Individuals with disabilities are invited to request reasonable accommodations to participate in NDSU-sponsored programs and events. To request an accommodation(s), please contact NDSU Extension/Cass County at 701.241.5700, two weeks prior to the event to make arrangements.*