

# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## Healthy Living for your Brain and Body

Tuesday, May 12, 3-4:30 p.m. | [Register](#)

Wednesday, May 27, 10-11:30 a.m. | [Register](#)

## 10 Warning Signs of Alzheimer's

Thursday, May 7, 1-2:30 p.m. | [Register](#)

Monday, May 11, 10-11:30 a.m. | [Register](#)

Thursday, May 21, 1-2:30 p.m. | [Register](#)

## Understanding Alzheimer's and Dementia

Tuesday, May 5, 10-11:30 a.m. | [Register](#)

Thursday, May 14, 1-2:30 p.m. | [Register](#)

Wednesday, May 20, 10-11:30 a.m. | [Register](#)

Thursday, May 28, 1-2:30 p.m. | [Register](#)

## Dementia Conversations

Friday, May 8, 1-2:30 p.m. | [Register](#)

Thursday, May 14, 3-4:30 p.m. | [Register](#)

Thursday, May 28, 3-4:30 p.m. | [Register](#)

## Effective Communication Strategies

Wednesday, May 6, 10-11:30 a.m. | [Register](#)

Friday, May 15, 1-2:30 p.m. | [Register](#)

Monday, May 18, 10-11:30 a.m. | [Register](#)

Thursday, May 21, 3-4:30 p.m. | [Register](#)

Friday, May 29, 1-2:30 p.m. | [Register](#)

## Understanding and Responding to Dementia Related Behavior

Tuesday, May 5, 1-2:30 p.m. | [Register](#)

Monday, May 11, 1-2:30 p.m. | [Register](#)

Friday, May 22, 1-2:30 p.m. | [Register](#)

## Legal and Financial Planning for Alzheimer's Disease

Attend both sessions.

Friday, May 29, 10-11:30 a.m. | [Register](#)

Friday, June 5, 10-11:30 a.m. | [Register](#)

**TO REGISTER, PLEASE CALL 800.272.3900 OR  
VISIT US ONLINE AT ALZ.ORG/CRF**

alzheimer's  association®

Program descriptions on back. Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## Living with Alzheimer's for individuals living with Early Stage Alzheimer's and other dementia

Registration is required. Attend all three.  
Tuesdays, May 19, 26, and June 2  
10 a.m.-Noon | [Register](#)

## Living with Alzheimer's for Early Stage Care Partners

Registration is required. Attend all three.  
Tuesdays, May 19, 26, and June 2  
1-3 p.m. | [Register](#)

### CHINESE:

## Living with Alzheimer's (Middle Stage-Cantonese)

Registration is required. Attend all three.  
Wednesdays, May 20, 27, and June 3  
1-3 p.m. | [Register](#)

### SPANISH:

## Healthy Living for your Brain and Body

Friday, May 1, 10-11:30 a.m. | [Register](#)  
Friday, May 15, 10-11:30 a.m. | [Register](#)

## 10 Warning Signs of Alzheimer's

Thursday, May 7, 10-11:30 a.m. | [Register](#)  
Thursday, May 21, 10-11:30 a.m. | [Register](#)

## Basics of Alzheimer's Disease

Monday, May 4, 1-2:30 p.m. | [Register](#)  
Wednesday, May 13, 10-11:30 a.m. | [Register](#)  
Monday, May 18, 1-2:30 p.m. | [Register](#)

## Effective Communication Strategies

Tuesday, May 19, 7-8:30 p.m. | [Register](#)

## Understanding and Responding to Dementia Related Behavior

Wednesday, May 6, 7-8:30 p.m. | [Register](#)

**TO REGISTER, PLEASE CALL 800.272.3900 OR  
VISIT US ONLINE AT ALZ.ORG/CRF**

alzheimer's  association®

Program descriptions on back. Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

# JOIN US ONLINE PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

## Effective Communications Strategies

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

## Healthy Living for Your Brain and 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 optimize our physical and cognitive health as we 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.

## 10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

## Understanding and Responding to Dementia-Related Behavior

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

## Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

## Dementia Conversations

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

## Legal and Financial Planning for Alzheimer's Disease

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Join us to learn about important legal and financial issues you may face and how to put plans in place.

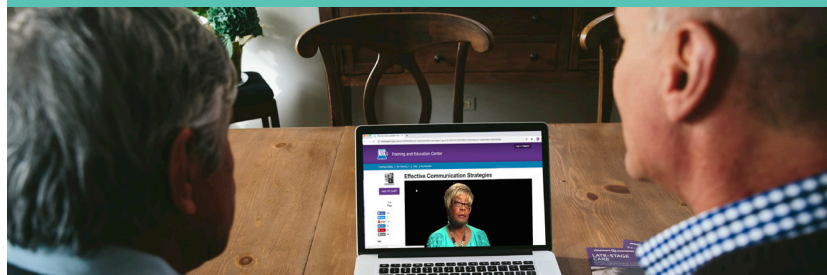
## Living with Alzheimer's for individuals living with Early Stage Alzheimer's and other dementia

A diagnosis of Alzheimer's disease may be life-changing and lead 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 hear from other individuals living with Alzheimer's on what to expect, how to build a care team and planning for the future.

## Living with Alzheimer's for Early Stage Care Partners

In the early stage of Alzheimer's disease, families face many new questions. What does the diagnosis mean? How do we plan for the future? What resources are available to help? Join us for this three-part series that answers these and other questions that arise in the early stage. Hear from other care partners and individuals living with Alzheimer's and learn tips and strategies to help you support a person living with the disease.

**TO REGISTER OR LEARN MORE, PLEASE  
CALL 800.272.3900 OR ONLINE AT  
ALZ.ORG/CRF**



alzheimer's  association®

Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.