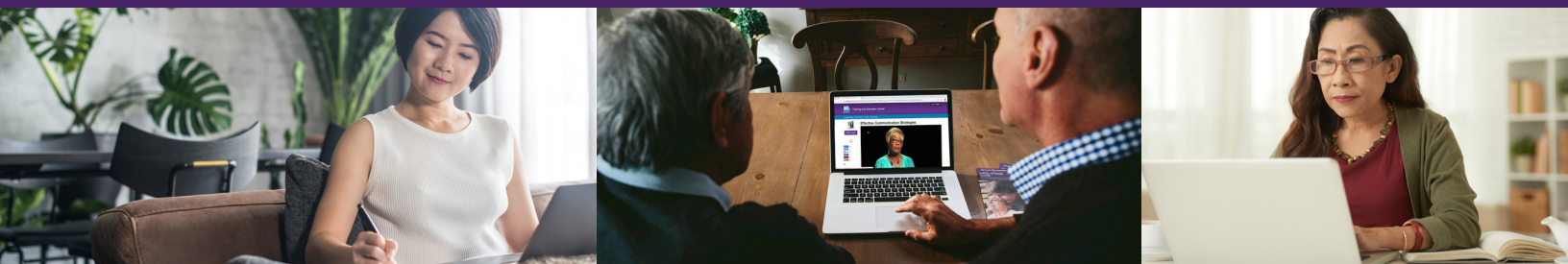


# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## COVID-19 and Caregiving

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

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

Friday, June 19, 10-11:30 a.m. | [Register](#)

Thursday, June 25, 10-11:30 a.m. | [Register](#)

## Healthy Living for your Brain and Body

Thursday, June 4, 10-11:30 a.m. | [Register](#)

Wednesday, June 10, 3-4:30 p.m. | [Register](#)

Friday, June 19, 1-2:30 p.m. | [Register](#)

Tuesday, June 23, 10-11:30 a.m. | [Register](#)

Monday, June 29, 3-4:30 p.m. | [Register](#)

## 10 Warning Signs of Alzheimer's

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

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

Monday, June 15, 10-11:30 a.m. | [Register](#)

Wednesday, June 24, 1-2:30 p.m. | [Register](#)

## Understanding Alzheimer's and Dementia

Thursday, June 4, 1-2:30 p.m. | [Register](#)

Monday, June 8, 10-11:30 a.m. | [Register](#)

Thursday, June 18, 1-2:30 p.m. | [Register](#)

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

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

## Understanding and Responding to Dementia Related Behavior

Monday, June 1, 10-11:30 a.m. | [Register](#)

Tuesday, June 9, 1- 2:30 p.m. | [Register](#)

Tuesday, June 16, 10-11:30 a.m. | [Register](#)

Friday, June 26, 10-11:30 a.m. | [Register](#)

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

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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®



## **Dementia Conversations**

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

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

Tuesday, June 16, 1-2:30 p.m. | [Register](#)

Thursday, June 25, 3-4:30 p.m. | [Register](#)

## **Effective Communication Strategies**

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

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

Wednesday, June 24, 3-4:30 p.m. | [Register](#)

Monday, June 29, 10-11:30 a.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](#)

## **SPANISH:**

### **10 Warning Signs of Alzheimer's**

Thursday, June 25, 1-2:30 p.m. | [Register](#)

### **Effective Communication Strategies**

Tuesday, June 30, 7-8:30 a.m. | [Register](#)

## **CHINESE:**

### **Dementia Conversations (Mandarin)**

Tuesday, June 16, 3-4:30 p.m. | [Register](#)

### **Effective Communication Strategies (Mandarin)**

Wednesday, June 3, 11 a.m.-Noon | [Register](#)

### **Understanding and Responding to Dementia Related Behavior (Mandarin)**

Monday, June 22, 3-4:30 p.m. | [Register](#)

### **Living with Alzheimer's (Late Stage Stage-Mandarin)**

Registration is required.

Attend both sessions.

Wednesday, June 17, 10 a.m.-Noon | [Register](#)

Wednesday, June 24, 10 a.m.-Noon | [Register](#)

### **Living with Alzheimer's (Late Stage Stage-Cantonese)**

Registration is required.

Attend both sessions.

Tuesday, June 23, 1-3 p.m. | [Register](#)

Tuesday, June 30, 1-3 p.m. | [Register](#)

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

# JOIN US ONLINE PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

## **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.

## **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.

## **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.

## **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 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.

## **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 Late Stage Care Partners**

In the late stage of Alzheimer's, caregiving typically involves new ways of connecting and engaging with the person with the disease. Join us for this two-part series and hear from caregivers and professionals as they discuss resources and tips for providing care for and making meaningful connections with a person living with late-stage Alzheimer's.

**TO REGISTER OR LEARN MORE, PLEASE  
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ALZ.ORG/CRF**

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