

FREE EDUCATION CLASSES

alzheimer's  association®

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800.272.3900
to register

October 2020

Healthy Living for Your Brain & Body

Thurs. October 15, 1-2:30 pm | [REGISTER](#)

10 Warning Signs of Alzheimer's

Tues. October 13, 2-3 pm | [REGISTER](#)

Tues. October 13, 5-6 pm | [REGISTER](#)

Thurs. October 29, 1-2:30 pm | [REGISTER](#)

Understanding Alzheimer's & Dementia

Fri. October 2, 10-11 am | [REGISTER](#)

Wed. October 7, 5:30-6:30 pm | [REGISTER](#)

Mon. October 19, 11:30 am-1 pm | [REGISTER](#)

Effective Communication Strategies

Thurs. October 1, 11-12:30 noon | [REGISTER](#)

Thurs. October 8, 2-4 pm | [REGISTER](#)

Wed. October 21, 5:30-6:30 pm | [REGISTER](#)

Thurs. October 29, 1-2:30 pm | [REGISTER](#)

Understanding & Responding to Dementia-Related Behaviors

Thurs. Oct. 8, 3-4 pm | [REGISTER](#)

Wed. Oct. 14, 10-12:00 noon | [REGISTER](#)

Thurs. Oct. 22, 6-7:30 pm | [REGISTER](#)

Living with Alzheimer's: For Caregivers – Middle Stage (3 Part Series)

Part 1: Tues. Oct. 13, 2-3:30 pm | [REGISTER](#)

Part 2: Tues. Oct. 20, 2-3:30 pm | [REGISTER](#)

Part 3: Tues. Oct. 27, 2-3:30 pm | [REGISTER](#)

Legal & Financial Planning Workshop

Tues. October 27, 10-12 noon | [REGISTER](#)

Alzheimer's Association Research Town hall

Join us to hear about the latest groundbreaking discoveries in Alzheimer's and dementia research, brain health, and a look at what the future holds in the search for a cure.

Wed. October 14, 6:00-6:45 pm | [REGISTER](#)

Clases en Español

Lo Básico:

Viernes, 16 de octubre, 10-11:30 am |

[REGÍSTRESE](#)

Miércoles, 28 de octubre, 10-11 am | [REGÍSTRESE](#)

Conozca las 10 Señales de Advertencia:

Viernes, 2 de octubre, 10-11:30 am | [REGÍSTRESE](#)

Miércoles, 21 de octubre, 10-11 am | [REGÍSTRESE](#)

Cuerpo y Cerebro Sano es Vida Sana:

Martes, 6 de octubre, 1-2 pm | [REGÍSTRESE](#)

Viviendo con Alzheimer - Para Cuidadores de Personas en la Etapa Intermedia:

Viernes, 9 de octubre, 6-8 pm | [REGÍSTRESE](#)

Viernes, 16 de octubre, 6-8 pm | [REGÍSTRESE](#)

Viernes, 23 de octubre, 6-8 pm | [REGÍSTRESE](#)

REGISTER BY VISITING ALZ.ORG/CRF OR CALLING **800.272.3900**



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alzheimer's 
association®

COURSE DESCRIPTIONS

DISEASE EDUCATION

Healthy Living for Your Brain and Body

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes 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 ten common warning signs and what to watch for in yourself and others.

Understanding Alzheimer's and Dementia

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments, and ways the Alzheimer's Association can help.

ESPECIALLY FOR CAREGIVERS

Effective Communication Strategies

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Understanding and Responding to Dementia-Related Behavior

Learn about some of the common triggers for behaviors associated with dementia, how to assess a person's needs, and how to intervene effectively.

Living with Alzheimer's: For Caregivers – Middle Stage – 3 Part Series

Learn helpful strategies to provide safe, effective, comfortable care in the middle stage of Alzheimer's.

PLANNING AHEAD

Legal and Financial Planning Workshop

Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

EN ESPAÑOL

Lo Básico: La Pérdida de Memoria, La Demencia, y La Enfermedad de Alzheimer

Aprenda acerca los síntomas del Alzheimer y otras demencias y cuáles son los pasos a seguir si usted o un ser querido recibe un diagnóstico de Alzheimer.

Conozca las 10 Señales De Advertencia: La Detección Temprana es Importante

Participe en esta clase para que aprenda cuales son las 10 Señales de Advertencia de la enfermedad de Alzheimer.

Cuerpo y Cerebro Sano es Vida Sana: Consejos de las Últimas Investigaciones

Únase a nosotros para conocer las investigaciones en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y participación social, y use herramientas prácticas que lo ayudarán a incorporar estas recomendaciones en un plan para el envejecimiento saludable.

Viviendo con Alzheimer - Para Cuidadores de Personas en la Etapa Intermedia: (3 partes)

En la etapa intermedia de la enfermedad de Alzheimer, aquellos que fueron compañeros de cuidado se convierten en cuidadores prácticos. Únase a esta serie de tres partes y escuche a cuidadores y profesionales analizar estrategias útiles para brindar seguridad, y apoyo en la etapa intermedia de la enfermedad de Alzheimer.

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