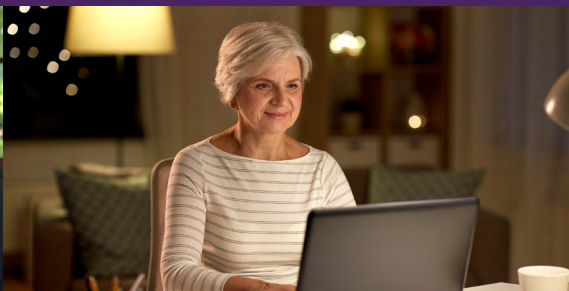
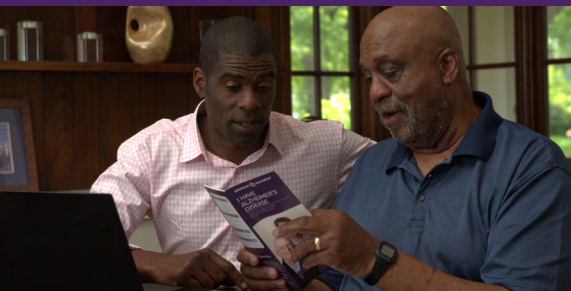


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## ONLINE EDUCATIONAL WEBINARS

Presented by the Alzheimer's Association®



### 10 Warning Signs of Alzheimer's

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### Dementia Conversations

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### Effective Communication Strategies

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### Healthy Living for Your Brain and Body

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### Understanding Alzheimer's and Dementia

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### Understanding and Responding to Dementia-Related Behavior

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# JOIN US ONLINE PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®



## 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 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.

## 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.

## Legal and Financial Planning for Alzheimer's Disease

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Legal and Financial Planning for Alzheimer's Disease is an interactive webinar where you will have a chance to 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.

## 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.

## 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.

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