

ALZHEIMER'S ASSOCIATION EDUCATION PROGRAMS

Presentations are open to the community and available in both English and Spanish



Join us on the **4th Wednesday** of every month for a series of workshops to help understand Alzheimer's and other dementia. We will highlight local resources and supportive services in your community.

Wednesday, April 24, 2024 @ 5:30pm - 6:30pm, 10-Warning Signs of Alzheimer's

This workshop will help people recognize common signs of the disease and know what to watch for in themselves & others.

Wednesday, May 22, 2024 @ 5:30pm - 6:30pm, Understanding Alzheimer's & Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior.

Wednesday, June 26, 2024 @ 5:30pm - 6:30pm, Effective Communication Strategies

This workshop will explore how communication takes place when someone has Alzheimer's, 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.

Wednesday, July 24, 2024 @ 5:30pm - 6:30pm, Understanding & Responding to Dementia-Related Behavior

This workshop will help to learn to decode behavioral messages, identify common triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

Wednesday, August 28, 2024 @ 5:30pm - 6:30pm, Dementia Conversations

This workshop will offer helpful tips to assist families in having honest and caring conversations with family members about dementia.

Miercoles, 25 de septiembre, 2024 @ 5:30pm- 6:30pm, Conversaciones sobre el Alzheimer y la demencia

Unase a nosotros para una conversaci3n sobre el Alzheimer's, comportamientos, como comunicarnos durante los cambios de la enfermedad.

**Workshops held monthly on the
4th Wednesday starting @ 5:30pm - 6:30pm**

**Pharr One Center
118 S. Cage Blvd, Pharr TX 78577**

Visit alz.org/CRF to explore additional education programs in your area. You may contact the Helpline 1.800.272.3900 for more information, 24/7. You may also register via the helpline or in-person.



To schedule a program or learn about volunteer opportunities, contact Maxine P. Veyra at mpveyra@alz.org or 956.304.0388.