

Introductory Education Programs Calendar

healthy living for your brain and body: tips from the latest research

For centuries, we have known that the health of the body and brain are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your body and brain healthy as you 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 plans into a plan for healthy aging.

Cost: FREE.

Audience: General Public

None Scheduled at this time

understanding alzheimer's and dementia This presentation will help you understand the relationship between Alzheimer's and dementia. Find out how Alzheimer's disease affects the brain, explore the risk factors and stages of the disease, learn about current research and FDA-approved treatments that address some symptoms and identify Association resources.

Cost: FREE.

Audience: General Public

Waukesha County	Date	Registration	Time
Pewaukee Park & Recreation W240 N3065 Pewaukee Road Pewaukee, WI 53072	Thursday May 16, 2019	Required. Contact Pewaukee Park & Recreation at 262.691.7275.	1:00pm – 2:30pm

know the 10 signs Early detection matters. The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it is time to learn the facts. Early detection gives you the chance to begin drug therapy, enroll in clinical studies and plan for the future. Attend this interactive workshop to learn of the 10 warning signs of Alzheimer's disease. We will separate myth from reality and address commonly-held fears about Alzheimer's in America. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

Cost: FREE.

Audience: General Public

Waukesha County	Date	Registration	Time
Pewaukee Park & Recreation W240 N3065 Pewaukee Road Pewaukee, WI 53072	Tuesday March 19, 2019	Required. Contact the Pewaukee Park & Rec at 262.691.7275 to register.	1:00pm – 2:30pm



If you would like to see any of these programs offered in your area please contact our office.