

***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**

## The basics: memory loss, dementia and alzheimer's disease

This program provides information that everyone should know about memory loss and what that means for all of us. Explore memory loss, dementia and Alzheimer's disease. Learn about risk factors, research, treatments and steps to a proper diagnosis/assessment. Join us for this comprehensive overview!

**Cost: FREE.**

**Audience: General Public**

Fond du Lac County	Date	Registration	Time
Ripon Public Library 120 Jefferson Street Ripon, WI 54971	Tuesday November 27, 2018	Required. <a href="#">Register online</a> or call the Alzheimer's Association at 800.272.3900.	

**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**

None Scheduled at this time			
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*If you would like to see any of these programs offered in your area please contact our office.*