

***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**

<b>None Scheduled at this time</b>			
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## 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
Waupun Public Library 123 S Forest St Waupun, WI 53963	Monday October 15, 2018	Required. <a href="#">Register online</a> or call the Alzheimer's Association at 800.272.3900	
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**

Washington County	Date	Registration	Time
Hartford Square Condominiums Clubhouse 424 Simon Drive Hartford, WI 53027	Thursday November 8, 2018	Required. Contact Karen Caruso at 262.335.1964 or <a href="mailto:karen3213@sbcglobal.net">karen3213@sbcglobal.net</a>	6:00pm – 7:00pm
Waukesha County	Date	Registration	Time
Waukesha Memorial Hospital 725 American Avenue Waukesha, WI 53188	Wednesday October 24, 2018	Required. Call the ProHealth Class Registration Service at 262.928.2745.	5:30pm – 7:00pm

## **dementia friendly communities dementia friends training**

Become a part of a growing network of businesses and individuals trained in some of the basics about dementia to be able to communicate with and assist individuals with dementia living in the community. The goal of a dementia friendly community is to provide a supportive and understanding environment for those with dementia and their care partners. This is a free educational event but registration is required. Space is limited.

**Cost: FREE.**

**Audience: General Public**

<b>Walworth County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Matheson Memorial Library 101 N. Wisconsin Street Elkhorn, WI 53121	Monday November 5, 2018	Call Bonnie at 800.272.3900	9:30am – 11:00am

**evaluating the research behind alternative treatments and supplements for dementia related symptoms**

Dr. Diane Mosnik, Clinical Neuropsychologist with Medical Psychology Associates in Glendale, will be providing information on alternative approaches that are being explored in dementia care and what have been the positive and/or negative results from such treatments. She will share information based upon her experiences with persons with dementia and from the research she has reviewed. All persons are welcome to this program. Registration is required. Seating is limited.

**Cost: FREE.**

**Audience: General Public**

Walworth County	Date	Registration	Time
Advia Credit Union Community Room 837 N. Wisconsin Street Elkhorn, WI 53121	Tuesday October 9, 2018	Required. <a href="#">Register online</a> or call Bonnie at 800.272.3900	3:30pm – 5:30pm



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