

***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**

<b>Fond du Lac County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Aging & Disability Resource Center Lower Level Room A 50 N. Portland Street Fond du Lac, WI 54935	Tuesday February 13, 2018	Registration is required. <a href="#">Register online</a> or contact Ginny Nyhuis at 800.272.3900 or <a href="mailto:gnyhuis@alz.org">gnyhuis@alz.org</a>	2:30pm – 4:00pm
<b>Ozaukee County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
USS Liberty Memorial Library 1620 11 <sup>th</sup> Ave Grafton, WI 53024	Tuesday January 30, 2018	Registration is required. Register in person at the library, by calling 262.375.5315 or online at <a href="http://www.graftonpubliclibrary.net">www.graftonpubliclibrary.net</a>	3:00pm – 4:30pm
<b>Sheboygan County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
Mead Library Rocca Community Room 710 N 8 <sup>th</sup> Street Sheboygan, WI 53081	Wednesday January 31, 2018	Registration is required. <a href="#">Register online here</a> or call 800.272.3900	3:00pm – 4:30pm
<b>Washington County</b>	<b>Date</b>	<b>Registration</b>	<b>Time</b>
West Bend Community Memorial Library 630 Poplar Street West Bend, WI 53095	Monday January 22, 2018	Registration is required. Register in person at the library or by calling the Reference Desk at 262.335.5152	3:00pm – 4:30pm



**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**

<b>None Scheduled at this time</b>			
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## **dementia conversations: driving, doctor visits, legal & financial**

The fear or lack of awareness that often accompanies having these types of conversations can result in delays that have serious consequences for the entire family. This program offers concrete suggestions for successful discussions and for creating well-functioning care teams. Participants will leave with a list of talking points and suggestions to help them have the challenging conversations.

**Cost: FREE.**

**Audience: General Public**

<b>None Scheduled at this time</b>			
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## what's it like? the world through the eyes of someone with alzheimer's disease

This presentation explores what is happening to the brain when affected by Alzheimer's disease. Interactive experiential exercises allow participants to feel what it might be like to have the disease. Insights from those who have the disease are discussed throughout the program.

**Cost: FREE.**

**Audience: General Public**

Fond du Lac County	Date	Registration	Time
Aging & Disability Resource Center, Lower Level Conference Room A 50 N Portland Street Fond du Lac, WI 54935	Tuesday January 30, 2018	<a href="#">Register online</a> . For more information contact Ginny Nyhuis at 800.272.3900 or <a href="mailto:gnynuis@alz.org">gnynuis@alz.org</a>	1:00pm – 2:00pm

**other education opportunities**

**check back for more opportunities**

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