

***Persons with Dementia Education Calendar***

**living with dementia – early stage** The diagnosis of Alzheimer's disease or a related form of dementia is life-changing and leads to many questions. What will this mean for me and my family? How do I plan for the future? Where can I get the help I need? Join us for this three-part program where you will hear from others who have been where you are. We will discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

**Cost: FREE.**

**Audience: Family Caregivers and persons with dementia**

Waukesha County	Date	Registration	Time
Aging & Disability Resource Center 514 Riverview Ave Waukesha, WI 53188	Thursdays February 8, 2018 February 15, 2018 February 22, 2018	Required. Contact Jennifer Harders at 800.272.3900 or <a href="mailto:jharders@alz.org">jharders@alz.org</a>	2:00pm – 4:00pm

**living well with chronic conditions** The diagnosis of a cognitive condition like Mild Cognitive Impairment (MCI), Alzheimer's disease or another related dementia is life-changing and requires support and information to best manage and cope with these chronic health conditions. Join this six-week program to help you enjoy a healthier life! Learn how to maximize your potential even when a long-term health condition like cognitive impairment or dementia may require you to alter your activities. You will get the support you need, find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices and learn better ways to talk with your doctor and family about your health. This program will also help you cope with co-existing ongoing health problems like arthritis, asthma, diabetes, heart disease, mild depression, obesity, cancer and osteoporosis. **Cost: FREE.**

**Audience: Family Caregivers and persons with moderate Alzheimer's disease or related dementia**

None Scheduled at this  
Tim

## other education opportunities:

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