

ONLINE RESOURCES

ALZConnected®

This online community connects you with other individuals living with early-stage Alzheimer's. Share questions, experiences and practical tips via message boards or create private groups organized around specific topics.

Alzheimer's Navigator®

An interactive online tool for people living with dementia and those who participate in providing care and making care-related decisions.

Online Education Center

Take free workshops about Alzheimer's disease, caregiving, healthy living and planning for the future.

Live Well Online Resources

A collection of free interactive tools that helps you navigate the personal and emotional challenges accompanying an Alzheimer's diagnosis and provides personalized steps for living well with the disease.

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 <u>Healthy Living for Your Brain & Body</u> 1:00 PM CT	3	4	5	6 <u>Understanding Alzheimer's & Dementia</u> 10:00 AM CT
7 Don't just hope for a cure. Help us find one. alz.org/trialmatch	8	9 <u>10 Warning Signs of Alzheimer's</u> 1:00 PM CT	10	11	12 <u>Alzheimer's Association Fall Seminar</u> 9:00 AM CT	13 <u>Dementia Conversations</u> 10:00 AM CT
14 Alzheimer's isn't stopping. Neither are we. Register today for the 2021 Walk to End Alzheimer's alz.org/walk	15	16 <u>Understanding Alzheimer's & Dementia</u> 1:00 PM CT <u>2021 Update on Alzheimer's Disease</u> 2:00 PM CT	17 <u>Let's Talk</u> Making the Most of Your Doctor Visits 3:00 PM CT	18	19	20 <u>Effective Communication Strategies</u> 10:00 AM CT
21 Interested in getting more involved? Let us know at bit.ly/alz-vol	22	23 <u>Dementia Conversations</u> 1:00 PM CT	24	25	26	27 <u>Understanding & Responding to Dementia-Related Behavior</u> 10:00 AM CT <u>10 Señales de Advertencia de la Enfermedad de Alzheimer</u> 12:00 PM CT
28 To schedule your own program, contact us bit.ly/alz-ed-request	29	30 <u>Holiday Caregiver Mini-Conference</u> 9:30 AM CT	<p>Click here to register for one of our virtual programs or call 800-272-3900.</p> 			