ALZHEIMER'S® ASSOCIATION JULY 2022

Interactive Programs & Services Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
Click here to register for one of our virtual programs or call 800-272-3900. **bit.ly/alz-ed**					1	2 Understanding Alzheimer's & Dementia 10:00 AM CT
3 Interested in getting more involved? Let us know at bit.ly/alz-vol	4 	5 Healthy Living for Your Brain & Body 1:00 PM CT	6	7	8	9 Dementia Conversations 10:00 AM CT
10 Urge Congress to Increase Research Funding alz.org/advocate	11	12 10 Warning Signs of Alzheimer's 1:00 PM CT	13	14	15	16 Effective Communication Strategies 10:00 AM CT
17 Alzheimer's isn't stopping. Neither are we. Register today for the 2022 Walk to End Alzheimer's alz.org/walk	18	19 Understanding Alzheimer's & Dementia 1:00 PM CT	20	21	22	23 Understanding & Responding to Dementia-Related Behavior 10:00 AM CT Información Para Entender Demencia 12:00 PM CT
24 / 31	25	26 Dementia Conversations 1:00 PM CT	27 Let's Talk About Exercising Your Brain & Body Pt. 2 3:00 PM CT	28	29	30

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.