

## 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
<p>Click here to register for one of our virtual programs or call 800-272-3900.  <a href="https://bit.ly/alz-ed">bit.ly/alz-ed</a></p>					1	2 <u>Understanding Alzheimer's &amp; Dementia</u> 10:00 AM CT
3 Don't just hope for a cure. Help us find one. <a href="https://alz.org/trialmatch">alz.org/trialmatch</a>	4	5 <u>Healthy Living for Your Brain &amp; Body</u> 1:00 PM CT	6	7 <u>Early Stage Support Group</u> for People Living with Dementia 10:00 AM	8	9 <u>Dementia Conversations</u> 10:00 AM CT
10 Alzheimer's isn't stopping. Neither are we. Register today for the 2021 Walk to End Alzheimer's <a href="https://alz.org/walk">alz.org/walk</a>	11	12 <u>10 Warning Signs of Alzheimer's</u> 1:00 PM CT <u>Living with Dementia for Individuals with Dementia &amp; a Care Partner Pt. 1</u> 1:30 PM CT	13	14	15	16 <u>Effective Communication Strategies</u> 10:00 AM CT
17 Interested in getting more involved? Let us know at <a href="https://bit.ly/alz-vol">bit.ly/alz-vol</a>	18	19 <u>Understanding Alzheimer's &amp; Dementia</u> 1:00 PM CT <u>Living with Dementia for Individuals with Dementia &amp; a Care Partner Pt. 2</u> 1:30 PM CT	20	21 <u>Early Stage Support Group</u> for People Living with Dementia 10:00 AM	22	23 <u>Understanding &amp; Responding to Dementia-Related Behavior</u> 10:00 AM CT <u>Información Para Entender Demencia</u> 12:00 PM CT
24 31	25	26 <u>Dementia Conversations</u> 1:00 PM CT <u>Living with Dementia for Individuals with Dementia &amp; a Care Partner Pt. 3</u> 1:30 PM CT	27 <u>Let's Talk</u> Understanding Alzheimer's & Dementia 3:00 PM CT	28	29	30