

# VIRTUAL EDUCATION PROGRAM SCHEDULE

## **Understanding Alzheimer's & Dementia**

Available Mondays & every 4th Saturday of the month at 12:00 PM CT & Wednesdays at 6:00 PM CT  
Alzheimer's is not normal aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

## **10 Warning Signs of Alzheimer's**

Available Mondays at 6:00 PM CT & Tuesdays at 12:00 PM CT

Learn what to watch for in yourself and others. Discover the difference between normal aging and Alzheimer's. We'll cover common warning signs, the importance of early detection and benefits of diagnosis, next steps and expectations for the diagnostic process, and Alzheimer's Association resources.

## **Effective Communication Strategies**

Available Tuesdays at 6:00 PM CT, Fridays at 12:00 PM CT & every 2nd Saturday of the month at 1:00 PM CT

Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

## **Understanding & Responding to Dementia-Related Behavior**

Available Wednesdays & every 2nd Saturday of the month at 12:00 PM CT & Fridays at 4:00 PM CT

Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

## **Healthy Living for Your Brain & Body**

Available Thursdays at 12:00 PM CT

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 recommendations into a plan for healthy aging.

## **Programas en español sobre la enfermedad de Alzheimer**

Disponibles los jueves a las 6:00 PM CT & cada cuarto sábado del mes a la 1:00 PM CT

Únase a nosotros para aprender más sobre la enfermedad de Alzheimer y descubrir información y recursos que puede utilizar al cuidar a su ser querido.

To register and receive online access to any of the above programs, please call our 24/7 Helpline at

**800.272.3900 or visit [alz.org/crf](https://alz.org/crf)**