

Living Well with Chronic Conditions for persons with MCI, early-stage Alzheimer's disease and related dementia and their care partners



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 seven-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'll 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.

Location:

Live Webinar via Zoom
Link to the meetings provided upon registering.

Presenters:

Jennifer McAlister, Program Manager
Shai Wise, Program Coordinator
Alzheimer's Association

Date and Time:

Seven consecutive Thursdays
Beginning January 14, 2021
1:00 - 3:30 pm

Registration:

Pre-registration is required. Please call Jennifer McAlister at 800.272.3900 or email at jmcaster@alz.org.