This is a free, live webinar via Zoom.

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 continue living your best 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.

Winter Workshop:
7 consecutive Fridays beginning
Feb. 4, 2022 | 9:30 am -12:00 pm

Spring Workshop:
7 consecutive Wednesdays beginning
April 13, 2022 | 1:00-3:30 pm

Fall Workshop:
7 consecutive Tuesdays beginning
Oct. 4, 2022 | 1:00-3:30 pm

Pre-register with Jennifer McAlister at 800.272.3900, or jmcalister@alz.org
Connection information will be provided upon registering

Offered in partnership with:

Designed for persons living with MCI, early-stage Alzheimer’s disease or related dementia, and their care partners.