

Wisconsin Webinar/Phone Family Caregiver Education Programs - August



10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Friday, August 20, 5:00-6:00 pm | [REGISTER](#)

Wednesday, August 25, 1:00-2:30 pm | [REGISTER](#)

Effective Communication Strategies

Communication is more than just talking and listening – it's also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Join us to explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Tuesday, August 10, 12:00-12:30 pm | [REGISTER](#)

Monday, August 16, 6:00-7:00 pm | [REGISTER](#)

Healthy Living for Your Brain & Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. 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.

Wednesday, August 11, 12:00-1:00 pm | [REGISTER](#)

**Register for any of our virtual education programs by calling 800.272.3900 or online at alz.org/crf.
You will receive connection information after you register.**

**Additional education programs are being held in person.
To learn about in person opportunities in your area call our 24/7 Helpline at 800.272.3900.**