



All Programs are provided free of charge and open to all families.

Please register at link or call 1.800.272.3900

The 10 Warning Signs of Alzheimer's

Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others

Thursday, July 25th	10-11am	In-Person	Janesville Senior Activity Center	69 S Waterstreet, Janesville	Register Here
Thursday, Aug 22nd	11:30-12:30 pm	In-Person	Coventry Village	7707 N. Brookline Drive, Madison	Register Here
Wednesday, Aug 28th	1-2pm	In-Person	Stoughton Community Health and Wellness Center	3162 Co Rd B, Stoughton	Register Here

Understanding Alzheimer's and Dementia

This Course covers basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Wednesday, July 24th	2:30-3:30pm	In-Person	Oak Park Place	1700 S. Teut Road, Burlington	Register Here
Tuesday, July 30th	2-3pm	In-Person	The Landing	707 N 3rd Street, Wausau	Register Here
Wednesday, July 31st	4:30-6:00pm	In-Person	Lakeside Villa	804 N Lake Avenue, Phillips	Register Here
Thursday, August 1st	1:30-2:30pm	In-Person	The Waters of Pewaukee	<u>W239N2540 Dahlia Blvd.</u>	Register Here
Tuesday, August 13th	2-3pm	In-Person	Luther Manor	4545 N. 92nd Street	Register Here
Monday, Sept 30th	6-7pm	In-Person	Wauwatosa Public Library	7635 W. North Ave, Wauwatosa	Register Here

Managing Money: A Caregiver's Guide to Finance

This evidenced-based course helps caregivers understand the costs of caregiving and the benefits of early planning and teaches them how to start a conversation about finances, assess financial and legal needs avoid financial abuse and fraud, and find support when needed

Friday, August 16th	10-11:30pm	Virtual	Zoom		Register Here
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Healthy Living for Your Brain and Body

Learn about research in the area of diet, exercise, cognitive activity and social engagement. Learn how to incorporate these recommendations into a plan for healthy aging.

Tuesday, July 16th	1-2:30pm	In-Person	ADRC of Onieda County	100 W Keenan St. Rhinelanders	Register Here
Monday, July 22nd	11-12pm	In-Person	Verona Senior Center	108 Paoli St, Verona	Register Here
Monday, July 29th	6-7 pm	In-Person	Wauwatosa Public Library	7635 W. North Ave., Wauwatosa	Register Here
Wednesday, August 28th	10-11am	In-Person	Monona Senior Center	1011 Nichols Rd, Monona	Register Here
Wednesday, Sept 4th	5:30-6:30pm	In-Person	Brookfield Public Library	1900 N. Calhoun Road, Brookfield	Register Here
Tuesday, Sept 10th	3-4pm	In-Person	Oakwood Village University Woods	6205 Mineral Point Rd, Madison	Register Here
Wednesday, Sept 18th	12-1pm	In-Person	St. Rita Square	728 E Pleasant St. Milwaukee	Register Here
Thursday, Sept 19th	10-11am	In-Person	Janesville Senior Activity Center	69 S Waterstreet, Janesville	Register Here

Building Foundations of Caregiving

Explore the role of caregiver and changes they may experience, building a support team and managing caregiver stress

Saturday, July 20th	10-11am	Virtual	Zoom		Register Here
Thursday, August 15th	1:30-3:00pm	In-Person	Antigo Public Library	617 Clermont Street, Antigo	Register Here
Tuesday, August 20th	1-2:30pm	In-Person	ADRC of Oneida County	100 W Keenan St, Rhinelanders	Register Here
Tuesday, August 27th	2-3pm	In-Person	The Landing	707 N 3rd Street, Wausau	Register Here

Supporting Independence

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Thursday, July 18th	5:30-6:30pm	In-Person	Brookfield Public Library	1900 N. Calhoun Road, Brookfield	Register Here
Wednesday, August 7th	11-12pm	Virtual	Zoom		Register Here

Communicating Effectively

Teaches how dementia affects communication, including tips for communicating well with family, friends, and health care professionals.

Thursday, August 8th	11-12:00pm	In-Person	St. Rita Square	728 E. Pleasant St, Milwaukee	Register Here
Wednesday, Sept 18th	12-1pm	Virtually	Zoom		Register Here

Responding to Dementia-Related Behaviors

Details common behavior changes and how they are a form of Communication, non-medical approaches to behaviors and recognizing when additional help is needed

Tuesday, Sept 17th	1-2:30pm	In-person	ADRC of Oneida County	100 W Keenan St. Rhinelanders	Register Here
Thursday, Sept 17th	1:30-3:00pm	In-person	Antigo Public Library	617 Clermont Street, Antigo	Register Here

Exploring Care and Support Services

Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care.

Thursday, Aug 22nd	5:30-6:30pm	In-person	Brookfield Public Library	1900 N. Calhoun Road, Brookfield	Register Here
Tuesday, Sept 24th	2-3pm	In-person	The Landing	707 N 3rd Street, Wausau	Register Here