Individuals who are interested in learning more about Alzheimer's and dementia are encouraged to participate in three workshops.

In the United States alone, more than 5 million individuals are living with Alzheimer's and 16 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in our community. However, no one has to face this disease alone or without information.

The Alzheimer's Association partnered with Penn State Extension to provide educational programs covering the basics of Alzheimer's and dementia to help those who are facing a diagnosis as well as those who wish to be informed.

Understanding Alzheimer's and Dementia

Participants will explore the relationship between Alzheimer's disease and dementia, learn what happens in a brain affected by Alzheimer's, learn about risk factors and the three general stages of the disease, and receive other helpful Alzheimer's resources.

This program is designed for people who are facing a diagnosis as well as those who wish to be informed.

Multiple dates and times are available. To register for this webinar visit Understanding Alzheimer's and Dementia.

10 Warning Signs of Alzheimer's Disease

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. This program helps people recognize common signs of the disease and know what to watch for in themselves and others.

Participants will learn about typical age-related changes, common signs of Alzheimer's, and how to approach someone about memory concerns. Other helpful Alzheimer's resources also will be provided.

Multiple dates and times are available. To register for this webinar visit, the Warning Signs of Alzheimer's.

Alzheimer's Disease: Healthy Living for Your Brain and Body

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

This program covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive activity
- Physical health and exercise
- Diet and nutrition
- Social engagement

In each area, we will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health in each area. This program is designed for individuals of any age who are interested in healthy living and aging well.

Multiple dates and times are available. To register visit Healthy Living for Your Brain and Body.

Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning

Conversations with family members showing signs of dementia can be challenging and uncomfortable. Fear or lack of awareness that may accompany these conversations can result in delays that have serious consequences for the entire family. This webinar will cover common decisions that are difficult to discuss with loved ones and tips that can assist in making those important conversations less stressful.

Multiple dates are available. To register for the webinar, visit Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning.

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