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

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 workshop 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](#).

---

PennState Extension