Alzheimer's Workshops

Alzheimer's Disease Workshops

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

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.

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 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.

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