



### **10 Warning Signs of Alzheimer's**

This program covers typical age related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process, and Alzheimer's Association resources.

**Monday, June 1, 2:00-3:00 pm | [REGISTER](#)**

**Tuesday, June 30, 2:00-3:00 pm | [REGISTER](#)**

### **COVID-19 & Caregiving**

Learn about COVID-19 and dementia, tips for caregiving during COVID-19, and Alzheimer's Association resources.

**Wednesday, June 3, 11:00 am-12:00 pm | [REGISTER](#)**

### **Dementia Conversations**

This program will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans.

**Thursday, June 4, 1:00-2:30 pm | [REGISTER](#)**

### **Effective Communication Strategies**

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

**Tuesday, June 16, 12:00-1:00 pm | [REGISTER](#)**

**Monday, June 22, 2:00-3:30 pm | [REGISTER](#)**

**Tuesday, June 23, 5:30-6:30 pm | [REGISTER](#)**

### **Healthy Living for Your Brain & Body**

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.

**Friday, June 12, 3:00-4:00 pm | [REGISTER](#)**

**Wednesday, June 24, 1:00-2:30 pm | [REGISTER](#)**

### **Living with Dementia – Early Stage: for Care Partners**

The diagnosis of Alzheimer's disease is life-changing and leads to many questions. Join us for this three-part program to discuss what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

**Three Consecutive Mondays, June 15, 22, 29, 10:30 am-12:00 pm | [REGISTER](#)**

### **Living with Alzheimer's – Middle Stage Caregivers**

This three-part program will address many topics for caregivers of individuals with moderate Alzheimer's disease, including symptoms and care needs, relationship changes, ways to maximize safety, prepare for emergencies, and access respite care.

**Three Consecutive Thursdays, June 26, July 2, 9, 6:00-7:00 pm | [REGISTER](#)**

### **Understanding Alzheimer's & Dementia**

Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

**Wednesday, June 10, 2:00-3:00 pm | [REGISTER](#)**

**Thursday, June 18, 1:00-2:30 pm | [REGISTER](#)**

**Monday, June 22, 11:00 am-12:00 pm | [REGISTER](#)**

### **Understanding Dementia**

If you have a family member or friend that is experiencing memory related issues or a recent diagnosis of Alzheimer's disease or other dementia, this presentation series is for you. Join us for a 3-session workshop.

**Three Consecutive Tuesdays, June 2, 9, 16, 1:00-3:00 pm | [REGISTER](#)**

### **Understanding & Responding to Dementia Related Behavior**

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

**Friday, June 5, 12:00-1:00 pm | [REGISTER](#)**

**Thursday, June 18, 12:00-1:00 pm | [REGISTER](#)**

**Friday, June 26, 12:00-1:00 pm | [REGISTER](#)**

Register for any of our education programs by calling 800.272.3900 or online at [alz.org/crf](http://alz.org/crf).

You will receive connection information after you register.