

JOIN US IN JULY, AUGUST & SEPTEMBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



ENGLISH CLASSES

Exploring Care and Support Services

Tuesday, July 21, 10-11 a.m. | [Register](#)

Communicating Effectively

Thursday, July 30, 2-3 p.m. | [Register](#)

Navigating Dementia-From Diagnosis to Living Well

Thursday, August 13, 10-11 a.m. | [Register](#)

The Impact of Alzheimer's and Dementia in Our Community

Tuesday, August 25, Noon-12:30 p.m. | [Register](#)

Responding to Dementia-Related Behaviors

Thursday, September 10, 10-11 a.m. | [Register](#)

Building Brain-Healthy Habits

Tuesday, September 22, 2-3 p.m. | [Register](#)

SPANISH CLASSES

The Impact of Alzheimer's and Dementia in Our Community

Tuesday, July 21, 6:30-7 p.m. | [Register](#)

Understanding Alzheimer's and Dementia

Tuesday, August 18, 6:30-7:30 p.m. | [Register](#)

Healthy Living for Your Brain and Body

Tuesday, September 15, 6:30-7:30 p.m. | [Register](#)

FOR ADDITIONAL EDUCATIONAL OFFERINGS VISIT:

Recorded Classes: alz.org/education

Live Learning Webinars:
alz.org/livelearnings

ALZ Talks: alz.org/ALZtalks

To register, please call 800.272.3900 or visit us online at alz.org/crf

JOIN US IN JULY, AUGUST & SEPTEMBER EDUCATION CLASSES

For families, community members and people facing dementia

The Alzheimer's Association® offers a range of awareness and caregiver skill-building classes. The classes aim to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

IMPACT OF ALZHEIMER'S AND DEMENTIA IN OUR COMMUNITY

This engaging presentation offers a concise overview of Alzheimer's disease and dementia, highlighting the latest treatment advances, practical brain health tips, and ways to get involved in the fight against the disease.

SUPPORTING BRAIN HEALTH IN OUR COMMUNITY

Everyone deserves a life with the healthiest brain possible, and we can all take action to protect our brain health. This presentation shares important information about brain-healthy actions we should all build into our routines to benefit our brains.

BUILDING BRAIN-HEALTHY HABITS

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia. Join us to learn about healthy habits for your brain; the brain-heart connection; why brain health is important at all ages, and how to build your personalized action plan for brain-healthy habits.

10 WARNING SIGNS OF ALZHEIMER'S

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

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

MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

NAVIGATING DEMENTIA-FROM DIAGNOSIS TO LIVING WELL

Getting a diagnosis of Alzheimer's or any type of dementia can raise many questions. Join us to learn about the different stages of the disease, what support you'll need, how to cope with changes now and in the future, and if there are any treatments that could help. Hear from people living with dementia and experienced professionals as they share what's important to know, how to plan ahead, and what steps you can take to manage this journey.

ADVANCING THE SCIENCE: THE LATEST IN ALZHEIMER'S AND DEMENTIA RESEARCH

Alzheimer's is a global health problem with more than 7 million people living with the disease in the US alone. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions.

The Empowered Caregiver classes teach caregivers how to navigate the responsibilities of caring for someone living with dementia.

BUILDING FOUNDATIONS OF CAREGIVING

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

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.

COMMUNICATING EFFECTIVELY

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

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.

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.

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For on-demand recorded classes, visit alz.org/education