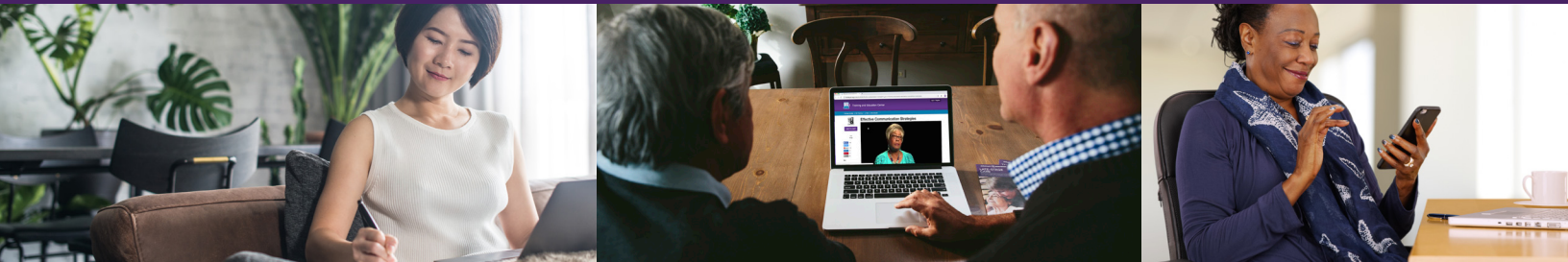


JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



COVID-19 and Caregiving

Wednesday, July 8, 10-11:30 a.m. | [Register](#)

Wednesday, July 22, 1-2:30 p.m. | [Register](#)

Healthy Living for your Brain and Body

Wednesday, July 1, 1-2:30 p.m. | [Register](#)

Monday, July 20, 3-4:30 p.m. | [Register](#)

Thursday, July 30, 10-11:30 a.m. | [Register](#)

10 Warning Signs of Alzheimer's

Wednesday, July 1, 3-4:30 p.m. | [Register](#)

Wednesday, July 8, 3-4:30 p.m. | [Register](#)

Monday, July 13, 3-4:30 p.m. | [Register](#)

Tuesday, July 14, 3-4:30 p.m. | [Register](#)

Tuesday, July 21, 10-11:30 a.m. | [Register](#)

Wednesday, July 22, 3-4:30 p.m. | [Register](#)

Tuesday, July 28, 1-2:30 p.m. | [Register](#)

Wednesday, July 29, 1-2:30 p.m. | [Register](#)

Understanding Alzheimer's and Dementia

Thursday, July 2, 1-2:30 p.m. | [Register](#)

Friday, July 10, 1-2:30 p.m. | [Register](#)

Wednesday, July 15, 1-2:30 p.m. | [Register](#)

Thursday, July 16, 1-2:30 p.m. | [Register](#)

Monday, July 20, 1-2:30 p.m. | [Register](#)

Wednesday, July 29, 10-11:30 a.m. | [Register](#)

Thursday, July 30, 1-2:30 p.m. | [Register](#)

Dementia Conversations

Tuesday, July 7, 3-4:30 p.m. | [Register](#)

Friday, July 24, 1-2:30 p.m. | [Register](#)

Effective Communication Strategies

Wednesday, July 8, 1-2:30 p.m. | [Register](#)

Tuesday, July 21, 1-2:30 p.m. | [Register](#)

Understanding and Responding to Dementia Related Behavior

Tuesday, July 14, 1-2:30 p.m. | [Register](#)

Monday, July 20, 10-11:30 a.m. | [Register](#)

Friday, July 31, 1-2:30 p.m. | [Register](#)

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800.272.3900 OR
VISIT US ONLINE AT
ALZ.ORG/CRF**

continued on page 2

JOIN US ONLINE EDUCATION PROGRAMS

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SPANISH:

Healthy Living for your Brain and Body

Thursday, July 9, 10-11:30 a.m. | [Register](#)

10 Warning Signs of Alzheimer's

Thursday, July 2, 10-11:30 a.m. | [Register](#)

Wednesday, July 15, 10-11:30 a.m. | [Register](#)

Tuesday, July 28, 10-11:30 a.m. | [Register](#)

Basics of Alzheimer's Disease

Monday, July 13, 1-2:30 p.m. | [Register](#)

Thursday, July 23, 10-11:30 a.m. | [Register](#)

Monday, July 27, 1-2:30 p.m. | [Register](#)

Effective Communication Strategies

Tuesday, July 28, 7-8:30 p.m. | [Register](#)

Understanding and Responding to Dementia Related Behavior

Tuesday, July 14, 7-8:30 p.m. | [Register](#)

CHINESE:

10 Warning Signs of Alzheimer's

Thursday, July 9, 3-4:30 p.m. | [Register](#)

Basics of Alzheimer's Disease

Wednesday, July 15, 3-4:30 p.m. | [Register](#)

Effective Communication Strategies

Tuesday, July 21, 3-4:30 p.m. | [Register](#)



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PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

COVID-19 and Caregiving

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

Dementia Conversations

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

Effective Communications 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.

Healthy Living for Your Brain and Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. 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.

Understanding and 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.

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour 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 and the diagnostic process, and Alzheimer's Association resources.

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to 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.

**TO REGISTER OR LEARN MORE,
PLEASE CALL 800.272.3900 OR ONLINE
AT [ALZ.ORG/CRF](https://www.alz.org/crf)**

alzheimer's  association®

Visit [alz.org/crf](https://www.alz.org/crf) to explore additional education programs in your area.