

# JOIN US IN FEBRUARY ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## ENGLISH CLASSES

### Understanding and Responding to Dementia-Related Behavior

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

### Understanding Alzheimer's and Dementia

Monday, February 7, 1-2:30 p.m. | [Register](#)

### 10 Warning Signs of Alzheimer's

Thursday, February 10, 3-4:30 p.m. | [Register](#)

### Dementia Conversations

Friday, February 11, 1-2:30 p.m. | [Register](#)

### Healthy Living for Your Brain and Body

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

### Effective Communication Strategies

Thursday, February 17, 10-11:30 a.m. | [Register](#)

## SPANISH CLASSES

### 10 Warning Signs of Alzheimer's Disease

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

### Alzheimer's Late Stage: A Shared Challenge

Thursdays, February 10 and 17, 9 a.m.-Noon | [Register](#)

### Understanding Alzheimer's and Dementia

Wednesday, February 16, 10-11:30 a.m. | [Register](#)

### Understanding and Responding to Dementia-Related Behavior

Wednesday, February 23, 3-4:30 p.m. | [Register](#)

## CHINESE CLASSES

### Living with Alzheimer's for Caregivers-Early Stage (Mandarin)

Registration required. Attend all three sessions.  
February 3, 10, and 17  
1-3 p.m. | [Register](#)

### Healthy Living for Your Brain and Body

Monday, February 7, 10-11:30 a.m. (Cantonese) | [Register](#)

Monday, February 14, 10-11:30 a.m. (Mandarin) | [Register](#)

### 10 Warning Signs of Alzheimer's

Tuesday, February 8, 3-4:30 p.m. (Mandarin) | [Register](#)

Monday, February 28, 1-2:30 p.m. (Cantonese) | [Register](#)

### Understanding Alzheimer's and Dementia (Mandarin)

Wednesday, February 9, 1-2:30 p.m. | [Register](#)

### Understanding and Responding to Dementia Related Behavior (Mandarin)

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

### Dementia Conversations (Mandarin)

Wednesday, February 23, 1-2:30 p.m. | [Register](#)

### Effective Communication Strategies (Mandarin)

Friday, February 25, 1-2:30 p.m. | [Register](#)

TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT ALZ.ORG/CRF

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Program descriptions on back. Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

# JOIN US IN FEBRUARY PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

## **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.

## **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 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.

## **LEGAL AND FINANCIAL PLANNING FOR ALZHEIMER'S DISEASE**

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Join us to learn about important legal and financial issues you may face and how to put plans in place.

## **LIVING WITH ALZHEIMER'S: FOR PEOPLE WITH ALZHEIMER'S (3-PART WORKSHOP)**

For individuals living with Alzheimer's: The diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are, and will learn what you need to know to navigate this chapter of your life.

## **LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - EARLY STAGE (3-PART WORKSHOP)**

In the early stage of Alzheimer's disease, families face new questions as they adjust. This three-part program provides practical answers to the questions that arise in the early stage.

## **LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - MIDDLE STAGE (3-PART WORKSHOP)**

In the middle stage of Alzheimer's disease, care partners now become hands-on caregivers. During this three-part series, caregivers will learn helpful strategies to enhance safety and communication, manage challenging behaviors, provide personal care, and prepare for emergencies.

## **LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - LATE-STAGE (2-PART WORKSHOP)**

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this two-part series, caregivers learn about resources, monitoring care, and ways to engage in meaningful connections.

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

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