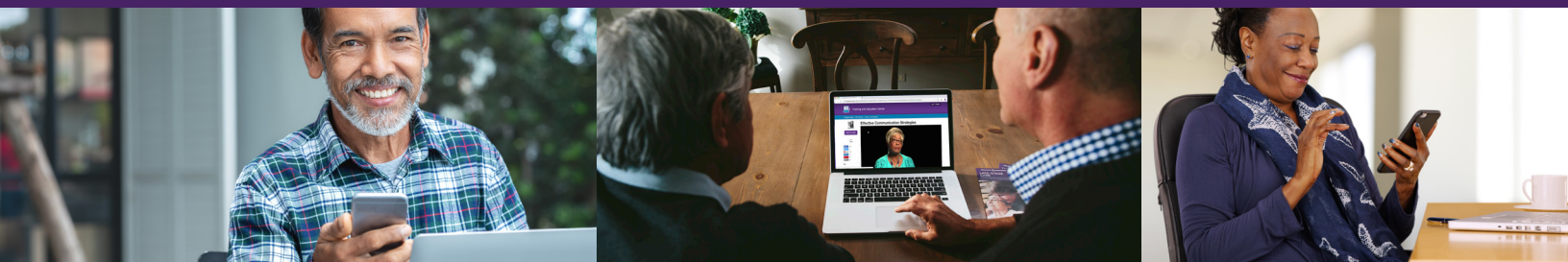


# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## **COVID-19 and Caregiving**

Tuesday, September 1, 1-2:30 p.m. | [Register](#)  
Monday, September 14, 10-11:30 a.m. | [Register](#)

## **Healthy Living for your Brain and Body**

Wednesday, September 16, 3-4:30 p.m. | [Register](#)  
Wednesday, September 23, 1-2:30 p.m. | [Register](#)  
Tuesday, September 29, 10-11:30 a.m. | [Register](#)

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

Thursday, September 3, 1-2:30 p.m. | [Register](#)  
Monday, September 14, 1-2:30 p.m. | [Register](#)  
Friday, September 25, 10-11:30 a.m. | [Register](#)

## **Understanding Alzheimer's and Dementia**

Wednesday, September 2, 1-2:30 p.m. | [Register](#)  
Friday, September 17, 10-11:30 a.m. | [Register](#)  
Tuesday, September 22, 3-4:30 p.m. | [Register](#)  
Monday, September 28, 1-2:30 p.m. | [Register](#)

## **Dementia Conversations**

Thursday, September 10, 1-2:30 p.m. | [Register](#)  
Tuesday, September 22, 1-2:30 p.m. | [Register](#)

## **Effective Communication Strategies**

Wednesday, September 9, 3-4:30 p.m. | [Register](#)  
Wednesday, September 23, 10-11:30 | [Register](#)

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

Friday, September 4, 10-11:30 a.m. | [Register](#)  
Tuesday, September 15, 10-11:30 a.m. | [Register](#)  
Wednesday, September 30, 1-2:30 p.m. | [Register](#)

## **Legal and Financial Planning for Alzheimer's Disease**

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

## **Living with Alzheimer's for Middle Stage Care Partners**

Registration is required. Attend all three sessions.  
Wednesdays, September 9, 16, 23  
10 a.m.-Noon | [Register](#)

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

*continued on page 2*

# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## **SPANISH:**

### **COVID-19 and Caregiving**

Tuesday, September 22, 10-11:30 a.m. | [Register](#)

### **Healthy Living for your Brain and Body**

Thursday, September 3, 10-11:30 a.m. | [Register](#)

Thursday, September 24, 10-11:30 a.m. | [Register](#)

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

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

### **Basics of Alzheimer's Disease**

Friday, September 18, 10-11:30 a.m. | [Register](#)

### **Effective Communication Strategies**

Wednesday, September 29, 7-8:30 | [Register](#)

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

Tuesday, September 15, 7-8:30 p.m. | [Register](#)

## **CHINESE:**

### **COVID-19 and Caregiving**

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

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

Monday, September 28, 3-4:30 p.m. | [Register](#)

### **Basics of Alzheimer's Disease**

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

### **Effective Communication Strategies**

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

### **Living with Alzheimer's for Middle Stage Care Partners ( Chinese-Cantonese)**

Registration is required. Attend all three sessions.

Fridays, September 11, 18, 25, 1-3 p.m. | [Register](#)

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ALZ.ORG/CRF**



# JOIN US ONLINE

## 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.

### **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 Middle Stage Care Partners**

This 3-part series will discuss helpful strategies to provide safe, effective and comfortable care in the middle stage of Alzheimer's. Hear from those directly affected and learn what you need to know, what you need to plan and what you can do at each point along the way.

### **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,  
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alzheimer's  association®

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