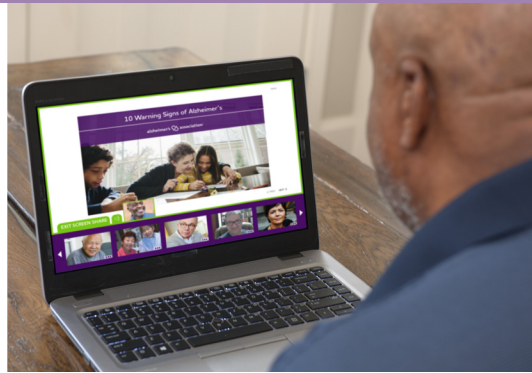




# ALZHEIMER'S AND DEMENTIA EDUCATION YOU CAN TRUST



The Alzheimer's Association® provides care and support to those affected by Alzheimer's and all other dementia through free, high-quality education programs. Explore our convenient learning opportunities focused on Alzheimer's disease, caregiving, communication and more.

## **The 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.

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

Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more.

## **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.

## **Effective Communication Strategies**

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

## **Dementia Conversations**

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult, but important conversations about changes that may be related to dementia.

## **Healthy Living for Your Brain and Body: Tips From the Latest Research**

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.

To learn more or schedule an education program, contact:



SCAN FOR UPCOMING PROGRAMS