

An Education Series to Empower and Inform

Saturdays

10:00 a.m. - 11:00 a.m.

March 4

The Basics of
Alzheimer's Disease

Learn the difference between Alzheimer's disease and other forms of dementia, as well as the 10 warning signs of Alzheimer's disease.

June 3

Healthy Living for
Your Body and Brain

Learn how to incorporate diet, nutrition and exercise recommendations into a plan for healthy aging.

September 9

Medication Safety and
Alzheimer's Disease

Amie Taggart Blaszczyk, Pharm. D. will review the pros and cons of those medications currently used to treat Alzheimer's Disease.

October 21

Managing Caregiver
Stress

Join us as we review the 10 symptoms of caregiver stress and discuss tips to manage those symptoms.

To register:

www.alz.org/greaterdallas or 1-800-272-3900

Cathedral of Hope
Congregational Life Center
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