

## ONLINE EDUCATION PROGRAMS

*No one should face Alzheimer's alone.*

To register, call the 24/7 Helpline at 800.272.3900  
or go online to [alz.org/crf](http://alz.org/crf). Registration is required.

### EFFECTIVE COMMUNICATIONS STRATEGIES

Learn how to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Tuesday, May 26                      1–2:30 p.m.

### HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

Join us to learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Tuesday, May 19                      1–2:30 p.m.  
Tuesday, June 9                      7–9 p.m.  
Thursday, June 11                    11 a.m. - noon

### LIVING WITH ALZHEIMER'S FOR CAREGIVERS

Hear caregivers and professionals discuss helpful strategies to provide safe, effective, and comfortable care throughout the course of the disease.

Tuesday, June 16                      1–2:30 p.m. (for Caregivers – early stage)  
Tuesday, June 23                      1–2:30 p.m. (for Caregivers – middle stage)  
Tuesday, June 30                      1–2:30 p.m. (for Caregivers – late stage)

24/7 Helpline:

**800.272.3900**

## LIVING WITH ALZHEIMER'S FOR PEOPLE WITH ALZHEIMER'S

Now that you have been diagnosed, what are the things you most need to put in place to help you and your loved ones? What are strategies for care planning and support building, how do you prepare for doctor visits and where do you find support after the difficult diagnosis?

Tuesday, June 9                      1–2:30 p.m.

## UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIOR

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively.

Monday, May 18                      11 a.m.–noon

Tuesday, June 2                      1–2:30 p.m.

## ONLINE AND TELEPHONE SUPPORT GROUPS

*The need for caregivers to be connected to a community of support is greater now than ever before. In these challenging times, we are offering support groups led by experienced facilitators via telephone or online. To register, call the 24/7 Helpline at 1.800.272.3900.*

**To register for one of these free online courses, please call the  
24/7 Helpline at 800.272.3900 or go online to [alz.org/crf](http://alz.org/crf).  
Registration is required.**