

ONLINE EDUCATION PROGRAMS

Registration is required. To register, call 800.272.3900, go online to alz.org/crf or click on the date of the programs below to register online.

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Tips from the latest research

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 make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity, social engagement and how to use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

[Tuesday, April 21](#) 10-11 a.m.

[Thursday, April 23](#) 5-6 p.m.

[Thursday, May 7](#) 5-6 p.m.

EFFECTIVE COMMUNICATION STRATEGIES

Join us to explore how communication takes place when someone has Alzheimer's. Learn how to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies that help you connect and communicate at each stage of the disease.

[Monday, April 20](#) 10-11 a.m.

[Monday, April 27](#) 10-11 a.m.

[Monday, May 11](#) 10-11 a.m.

UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn how to decode behavioral messages, identify common behavior triggers and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

[Tuesday, April 28](#) 10-11 a.m.

[Thursday, April 30](#) 5-6 p.m.

[Wednesday, May 6](#) 10-11 a.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 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. Registration is required.

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DEMENTIA CONVERSATIONS

This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

[Wednesday, April 15](#) 10-11 a.m.

[Wednesday, April 29](#) 5-6 p.m.

[Thursday, May 14](#) 10-11 a.m.

KNOW THE 10 WARNING SIGNS

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

[Tuesday, May 5](#) 10-11 a.m.

[Thursday, May 7](#) 5-6 p.m.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

[Wednesday, May 13](#) 10-11 a.m.

No one should face Alzheimer's alone.

Please register for one of our free community webinars for information and resources about Alzheimer's and other dementia from the safety of your own home.