

# an orientation to alzheimer's disease and related dementias

A program that provides families with information on Alzheimer's disease and related dementias, caregiving and community resources and services.

If you are a friend or family member of someone who has dementia, this program is for you! Although most useful when attended just after diagnosis, the information is helpful throughout the disease process.

The orientation covers *The Basics of Alzheimer's* disease which provides information on detection, risk factors, stages of the disease, treatment and more. This program will also discuss coping techniques, legal and financial planning, safety and helpful community resources. There will be time to ask questions at each session.

## NORFOLK:

When: 1st Wednesday of each month

5:00-7:00 pm

Where: Sentara Leigh Hospital  
830 Kempsville Road, Norfolk (Lafayette  
River Room)

## HAMPTON

When: 3rd Tuesday of each month from

5:30-7:30 pm

Where: Sentara Careplex, 3000 Coliseum  
Drive, Hampton (Conference Room C )

## WILLIAMSBURG

When: By appointment

Where: Williamsburg Branch Office, 213  
McLaws Circle, Suite 2B



**The orientation is FREE; however,  
registration is required.**

**TO REGISTER CONTACT:**

**Call 1-800-272-3900**