

Virtual Alzheimer's Education Series October, November, December 2024

Register at alz.org/wi or call our 24/7 Helpline at 800.272.3900



Join our free monthly Virtual Education Series. Each session covers essential caregiver topics with expert speakers, tailored for families, caregivers, and those living with dementia. Recordings will be emailed to registered participants.

Tuesday, Oct 8: 7-8:00 PM

The Empowered Caregiver Series - Part 4: Responding to Dementia Related Behavior

Alzheimer's Association Education Program

People living with dementia may exhibit behaviors as a way to communicate their needs and feelings as the disease progresses. Learn how dementia can change a person's behavior, possible triggers and person-centered care.

Thursday, Oct 24: 2-3:00 PM

The Language of Dementia & Finding Success: The Fish Approach

Sheri Fairman: Founder of Dementia Care Solutions

As care partners, we can find ourselves in communication snags with our loved one with dementia. Together we will untangle these challenging situations and explore new tools to help in your caregiving journey.

Saturday, Nov 9: 10-11:00 AM

The Empowered Caregiver Series - Part 5: Exploring Care & Support Services

Alzheimer's Association Education Program

Understanding the disease helps caregivers prepare for future changes and decisions. Learn about planning for care transitions, available resources, and support services, including respite care, long-term care, and end-of-life options.

Wednesday, Nov. 13: 12-1:30 PM

Dementia & the Holidays: Tips for Keeping the Holidays Fun & Calm

MN-ND ALZ Chap, ND Assistive, Innovative Therapy

With the holidays approaching, join us to learn how to make them less stressful for people with dementia and their caregivers. Get practical tips for travel, planning gatherings, and holiday gifts.

Friday, Dec 6: 12-1:00 PM

Healthy Living for Your Brain and Body

Alzheimer's Association Education Program

Learn about seven science-based recommendations for taking care of our brains and bodies which research has shown can reduce our risk of developing cognitive decline or dementia.

Thursday, Dec 12: 2-3:00 PM

Festive Feasts for a Sharp Mind: Brain-Boosting Holiday Foods

Shelley Swapp: Integrative Herbalist & Functional Nutrition Practitioner

Join us for a mind-blowing session on how your food choices can protect your brain, power up your mood, and support your gut health! Get ready for snack hacks, tasty menu inspirations.

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