

# Delaware Valley In-Person Education Programs



**No one should face dementia alone.**

Join us for our series of 2023 in-person education programming.

**Registration is required.** Click a registration link below or call **800.272.3900.**

To find programs available on-demand, visit [alz.org/education](https://alz.org/education).

## PENNSYLVANIA

### **Wednesday, February 8 — 11 a.m. to 12 p.m. — Healthy Living for Your Brain and Body**

*Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and tools to incorporate these recommendations into a plan for healthy aging. Hosted by Phoenixville Recreation Center.*

501 Franklin Avenue | Phoenixville, PA 19460

<https://action.alz.org/mtg/89666959>

### **Monday, February 13 — 1 to 2 p.m. — 10 Warning Signs of Alzheimer's**

*This program will help people recognize common signs of the disease. We'll explore typical age-related changes, explain the importance of early detection and the benefits of diagnosis, and identify helpful Alzheimer's Association resources. Hosted by TriCounty Active Adult Center.*

288 Moser Avenue | Pottstown, PA 19464

<https://action.alz.org/mtg/89672025>

### **Thursday, February 16 — 1 to 2 p.m. — Healthy Living for Your Brain and Body**

*Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and tools to incorporate these recommendations into a plan for healthy aging. Hosted by InnoVage Pennsylvania LIFE—Pennypack.*

4401 Megargee Street | Philadelphia, PA 19136

<https://action.alz.org/mtg/89758102>

### **Thursday, February 23 — 10 to 11 a.m. — Effective Communication Strategies**

*Attend to understand how persons with dementia communicate using attitude, tone, facial expression and body language. Learn to decode verbal and behavioral messages and connect in new ways. Hosted by Allegheny Senior Center.*

Allegheny Senior Center | 1900 W. Allegheny Avenue | Philadelphia, PA 19132

<https://action.alz.org/mtg/90363208>

### **Thursday, February 23 — 11 a.m. to 12 p.m. — Healthy Living for Your Brain and Body**

*Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and tools to incorporate these recommendations into a plan for healthy aging. Hosted by Center on the Hill.*

8855 Germantown Avenue | Philadelphia, PA 19118

<https://action.alz.org/mtg/89012212>

## PENNSYLVANIA (continued)

### **Monday, March 13 — 1 to 2 p.m. — Managing Money: A Caregiver's Guide to Finances**

*If you are someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans into place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning. Hosted by TriCounty Active Adult Center.*

288 Moser Avenue | Pottstown, PA 19464

<https://action.alz.org/mtg/89672578>

### **Friday, April 21 — 1-2 p.m. — Understanding and Responding to Dementia-Related Behavior**

*Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs. However some behaviors can present challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers and learn strategies to help manage some of the most common behavioral challenges of dementia. Hosted by TriCounty Active Adult Center.*

288 Moser Avenue | Pottstown, PA 19464

<https://action.alz.org/mtg/89673086>

## NEW JERSEY

### **Tuesday, February 28 — 1 to 2 p.m. — 10 Warning Signs of Alzheimer's**

*This program will help people recognize common signs of the disease. We'll explore typical age-related changes, explain the importance of early detection and the benefits of diagnosis, and identify helpful Alzheimer's Association resources. Hosted by Ocean City Library.*

1735 Simpson Avenue | Ocean City, NJ 08226

<https://action.alz.org/mtg/90148672>

## DELAWARE

### **Saturday, February 25 — 11 a.m. to 12 p.m. — 10 Warning Signs of Alzheimer's**

*This program will help people recognize common signs of the disease. We'll explore typical age-related changes, explain the importance of early detection and the benefits of diagnosis, and identify helpful Alzheimer's Association resources. Hosted by Shiloh Baptist Church.*

Shiloh Baptist Church | 215 W. 23rd Street | Wilmington, DE 19802

<https://action.alz.org/mtg/90333074>

### **Thursday, March 23 — 10:30 a.m. to 12:30 p.m. — 10 Warning Signs of Alzheimer's**

*This program will help people recognize common signs of the disease. We'll explore typical age-related changes, explain the importance of early detection and the benefits of diagnosis, and identify helpful Alzheimer's Association resources. Hosted by Brandywine YMCA.*

3 Mount Lebanon Road | Teen Room | Wilmington, DE 19803

<https://action.alz.org/mtg/89338863>