



Understand Alzheimer's and Dementia and Explore the 10 Warning Signs

More than 6 million Americans are living with Alzheimer's, and over 11 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in our community. Alzheimer's and dementias cause memory, thinking and behavior problems that interfere with daily living. The Alzheimer's Association® has created an education program covering the basics of Alzheimer's and dementia and to help people recognize common signs of the disease.

The free one-hour program:

- Explores typical age-related changes.
- Describes common signs of Alzheimer's and dementia.
- Explains the importance of early detection and benefits of diagnosis.
- Details possible tests and assessments for the diagnostic process.
- Examines what happens when a brain is affected by Alzheimer's.
- Details the risk factors for and three general stages of the disease.
- Identifies helpful Alzheimer's Association resources.

The program will be held in the sanctuary at St. Philip's Episcopal Church at [205 E. Moore St., Southport](#) on Sunday, October 17th at 11:15 a.m.

All attendees must wear a mask. Social distancing is encouraged as much as possible. Pre-registration is requested by Oct. 14 at <https://tinyurl.com/2f3zzm9c>. Contact MJ Martin mmmaryjean6@gmail.com or Brooke Vallely at bbvallely@alz.org.