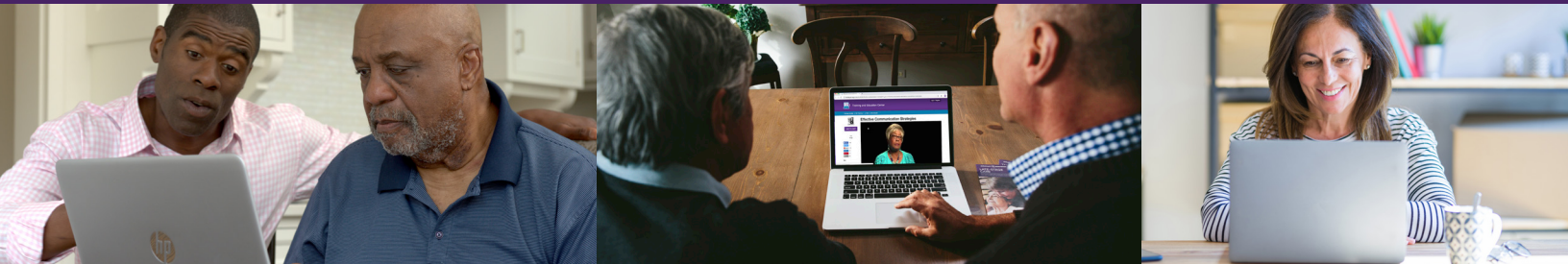


# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## RECURRING CLASSES

*The classes listed below will be offered on the same day and time each month.*

### 10 Warning Signs of Alzheimer's

2nd Thursday, 3-4:30 p.m.

### Understanding Alzheimer's and Dementia

1st Monday, 1-2:30 p.m.

### Healthy Living for Your Brain and Body

3rd Tuesday, 1-2:30 p.m.

### Dementia Conversations

2nd Friday, 1-2:30 p.m.

### COVID-19 & Caregiving

4th Wednesday 10-11:30 a.m.

### Effective Communication Strategies

3rd Thursday, 10-11:30 a.m.

### Understanding and Responding to Dementia-Related Behavior

1st Tuesday, 1-2:30 p.m.

### Healthy Living for your Brain and Body

Wednesday, February 3, 10-11:30 a.m. | [Register](#)

\*Tuesday, February 16, 1-2:30 p.m. | [Register](#)

### 10 Warning Signs of Alzheimer's

\*Thursday, February 11, 3-4:30 p.m. | [Register](#)

Friday, February 26, 1-2:30 p.m. | [Register](#)

**TO REGISTER, PLEASE CALL 800.272.3900  
OR VISIT US ONLINE AT ALZ.ORG/CRF**

### Understanding Alzheimer's and Dementia

\*Monday, February 1, 1-2:30 p.m. | [Register](#)

Friday, February 19, 1-2:30 p.m. | [Register](#)

### Dementia Conversations

\*Friday, February 12, 1-2:30 p.m. | [Register](#)

Monday, February 22, 3-4:30 p.m. | [Register](#)

### Effective Communication Strategies

Wednesday, February 10, 10-11:30 a.m. | [Register](#)

\*Thursday, February 18, 10-11:30 a.m. | [Register](#)

### Understanding and Responding to Dementia Related Behavior

\*Tuesday, February 2, 1-2:30 p.m. | [Register](#)

Friday, February 19, 10-11:30 a.m. | [Register](#)

### COVID-19 and Caregiving

Monday, February 8, 1-2:30 p.m. | [Register](#)

\*Wednesday, February 24, 10-11:30 a.m. | [Register](#)

### LIVING WITH ALZHEIMER'S FOR CAREGIVERS-MIDDLE STAGE

Registration required. Attend all three sessions.

10 a.m.-Noon | February 16, 23 and March 2

[tinyurl.com/LWAMS021621](https://tinyurl.com/LWAMS021621)

*continued on page 2*

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Program descriptions on back. Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.

\* Asterisk means class will be recurring on the same day and time each month.

# JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## SPANISH:

### Healthy Living for your Brain and Body

Thursday, February 18, 1-2:30 p.m. | [Register](#)

### 10 Warning Signs of Alzheimer's

Thursday, February 11, 1-2:30 p.m. | [Register](#)

### Basics of Alzheimer's Disease

Thursday, February 4, 1-2:30 p.m. | [Register](#)

### Dementia Conversations

Wednesday, February 24, 3-4:30 p.m. | [Register](#)

### Effective Communication Strategies

Wednesday, February 3, 3-4:30 p.m. | [Register](#)

### Understanding and Responding to Dementia Related Behavior

Wednesday, February 17, 3-4:30 p.m. | [Register](#)

### COVID-19 and Caregiving

Thursday, February 25, 1-2:30 p.m. | [Register](#)

**TO REGISTER, PLEASE  
CALL 800.272.3900 OR  
VISIT US ONLINE AT  
ALZ.ORG/CRF**

## CHINESE:

### Healthy Living for your Brain and Body

Monday, February 8, 10-11:30 a.m. | [Register](#)  
(Cantonese)

Tuesday, February 16, 3-4:30 p.m. | [Register](#)  
(Mandarin)

### Basics of Alzheimer's Disease

Tuesday, February 2, 3-4:30 p.m. | [Register](#)  
(Mandarin)

### Effective Communication Strategies

Wednesday, February 17, 1-2:30 p.m. | [Register](#)  
(Mandarin)

### Understanding and Responding to Dementia Related Behavior

Tuesday, February 23, 1-2:30 p.m. | [Register](#)  
(Cantonese)

### LIVING WITH ALZHEIMER'S FOR CAREGIVERS-EARLY STAGE

Registration required. Attend all three sessions.  
3-5 p.m. | February 18, 25 and March 4  
(Mandarin)

<https://action.alz.org/PersonifyEbusiness/Events/alz/MeetingDetails.aspx?productId=73072997>

# JOIN US ONLINE

## PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

### COVID-19 AND CAREGIVING

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

### DEMENTIA CONVERSATIONS

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

### EFFECTIVE COMMUNICATIONS STRATEGIES

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

### HEALTHY LIVING FOR YOUR BRAIN AND BODY

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 optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

### LEGAL AND FINANCIAL PLANNING FOR ALZHEIMER'S DISEASE

If you or someone you know is affected by Alzheimer's disease or dementia, the time for legal and financial planning is now. Join us to learn about important legal and financial issues you may face and how to put plans in place.

### LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - EARLY STAGE (3-PART WORKSHOP)

In the early stage of Alzheimer's disease, families face new questions as they adjust. This three-part program provides practical answers to the questions that arise in the early stage.

### LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - MIDDLE STAGE (3-PART WORKSHOP)

In the middle stage of Alzheimer's disease, care partners now become hands-on caregivers. During this three-part series, caregivers will learn helpful strategies to enhance safety and communication, manage challenging behaviors, provide personal care, and prepare for emergencies.

### LIVING WITH ALZHEIMER'S: FOR CAREGIVERS - LATE-STAGE (2-PART WORKSHOP)

In the late stage of Alzheimer's disease, caregiving typically involves new ways of connecting and interacting with the person with the disease. In this two-part series, caregivers learn about resources, monitoring care, and ways to engage in meaningful connections.

### UNDERSTANDING AND RESPONDING TO DEMENTIA-RELATED BEHAVIOR

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

### 10 WARNING SIGNS OF ALZHEIMER'S

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

### UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

**TO REGISTER OR LEARN MORE, PLEASE CALL 800.272.3900 OR ONLINE AT ALZ.ORG/CRF**

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Visit [alz.org/CRF](https://alz.org/CRF) to explore additional education programs in your area.