



## FEBRUARY COMMUNITY EVENTS

[Understanding Alzheimer's and Dementia](#): Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms.

February 2 | 3:00 PM CT/4:00 PM ET

[REGISTER NOW](#)

February 16 | 12:00 PM CT/1:00 PM ET

[REGISTER NOW](#)

February 24 | 1:00 PM CT/2:00 PM ET

[REGISTER NOW](#)

[10 Warning Signs](#): Learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

February 11 | 4:30 PM CT/5:30 PM ET

[REGISTER NOW](#)

February 16 | 12:00 PM CT/1:00 PM ET

[REGISTER NOW](#)

[Effective Communication Strategies](#): Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages and identify strategies to help you connect and communicate at each stage of the disease.

February 9 | 11:00 AM CT/12:00 PM ET

[REGISTER NOW](#)

February 17 | 11:30 AM CT/12:30 PM ET

[REGISTER NOW](#)

February 23 | 1:00 PM CT/2:00 PM ET

[REGISTER NOW](#)

[Understanding and Responding to Dementia-Related Behavior](#): Learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of dementia.

February 18 | 5:00 PM CT/6:00 PM ET

[REGISTER NOW](#)

February 28 | 12:00 PM CT/1:00 PM ET

[REGISTER NOW](#)

[Dementia Conversations](#): This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss.

February 4 | 12:00 PM CT/1:00 PM ET

[REGISTER NOW](#)

[Memory Café](#) : The Memory Café is a social group comprised of people who have Alzheimer's disease or a related dementia and their loved ones. This program is offered in partnership with the UK Sanders Brown Center on Aging.

February 8 | 1:00 PM CT/2:00 PM ET

[REGISTER HERE](#)

[Speed Art Museum: Memories at the Museum](#) : The Early-Stage Social Engagement Program offers a fun and comfortable way for people living in the early stage of Alzheimer's or other dementia to connect with others.

February 17 | 12:00 PM CT/1:00 PM ET

[REGISTER HERE](#)

Click [HERE](#) to find a caregiver support group

To register or for assistance, please call our 24/7 Helpline at 1-800-272-3900

