

## OUR AWESOME SPEAKERS



**ALZHEIMER'S ASSOCIATION**  
**TUESDAY, JULY 7**  
**10:30AM - 11:30AM**  
**ROOM 203 - NORTHSHORE SENIOR CENTER**

THIS SESSION WILL HELP YOU RECOGNIZE THE TOP 10 COMMON SIGNS OF ALZHEIMER'S DISEASE AND NEXT STEPS TO TAKE, INCLUDING HOW TO TALK TO YOUR DOCTOR.



**EMILY ISHADO, MSW, LICSW & KARISHAMA VAHORA, MPH**  
**DEPARTMENT OF NEUROLOGY - UW MEDICINE**  
**TUESDAY, JULY 14**  
**10:30AM - 11:30AM**  
**ROOM 203 - NORTHSHORE SENIOR CENTER**

THIS SESSION WILL FOCUS ON HOW MINDFULNESS CAN SUPPORT BRAIN HEALTH, ALONG WITH NEW INITIATIVES IN THE FIELD. LIGHT REFRESHMENTS SERVED.



**DR. SHARON GALICIA - NEUROLOGIST WITH OPTUM**  
**THURSDAY, JULY 23**  
**10:30AM - 11:30AM**  
**LEARNING HUB - HEALTH & WELLNESS CENTER**

THIS SESSION FOCUSES ON UNDERSTANDING MEMORY LOSS AND BUILDING HEALTHY HABITS TO SUPPORT COGNITIVE WELLNESS.



**MAUREEN KURES, RN - RADIANT MOURNING**  
**TUESDAY, JULY 28**  
**10:30AM - 11:30AM**  
**ROOM 203 - NORTHSHORE SENIOR CENTER**

THIS SESSION FOCUSES ON PLANNING FOR THE FUTURE WHILE NAVIGATING AND DISCUSSING DIFFICULT DECISIONS THAT OFTEN ARISE WITH MEMORY LOSS.

PRESENTED BY:



# **“MOMENTS THAT MATTER” COGNITIVE CHANGES SERIES**



**Free**  
**To register, call or e-mail:**  
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**[yvonnecl@mynorthshore.org](mailto:yvonnecl@mynorthshore.org)**

