

## **VIRTUAL EDUCATION PROGRAMS**

### **10 Warning Signs of Alzheimer's**

Wednesday, Feb. 3, 11 a.m.-noon | [Register](#)  
Wednesday, Feb. 10, 6-7 p.m. | [Register](#)  
Tuesday, Feb. 16, 3-4 p.m. | [Register](#)  
Tuesday, Feb. 23, 11 a.m.-noon | [Register](#)  
Thursday, Feb. 25, 12:30-2 p.m. | [Register](#)

### **COVID-19 & Caregiving**

Thursday, Feb. 4, noon-1 p.m. | [Register](#)

### **Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning**

Thursday, Feb. 4, 6-7 p.m. | [Register](#)  
Thursday, Feb. 18, 2-3 p.m. | [Register](#)  
Thursday, Feb. 25, 6-7 p.m. | [Register](#)

### **Effective Communication Strategies**

Tuesday, Feb. 2, 10-11 a.m. | [Register](#)  
Monday, Feb. 8, 4-5 p.m. | [Register](#)  
Wednesday, Feb. 17, 6-7 p.m. | [Register](#)  
Monday, Feb. 22, 11 a.m.-noon | [Register](#)

### **Healthy Living for Your Brain and Body: Tips from the Latest Research**

Friday, Feb. 12, 11 a.m.-noon | [Register](#)  
Tuesday, Feb. 16, 10-11 a.m. | [Register](#)  
Wednesday, Feb. 24, 3-4 p.m. | [Register](#)

### **Legal & Financial Planning**

Thursday, Feb. 18, 10 a.m.-noon | [Register](#)

### **Living with Alzheimer's: For Caregivers (Early-Stage) | 3-Part Series**

Part 1: Tuesday, Feb. 9, 1-2:30 p.m. | [Register](#)  
Part 2: Wednesday, Feb. 10, 1-2:30 p.m. | [Register](#)  
Part 3: Thursday, Feb. 11, 1-2:30 p.m. | [Register](#)

### **Living with Alzheimer's: For Caregivers (Middle-Stage) | 3-Part Series**

Part 1: Tuesday, Feb. 23, 10-11:30 a.m. | [Register](#)  
Part 2: Wednesday, Feb. 24, 10-11:30 a.m. | [Register](#)  
Part 3: Thursday, Feb. 25, 10-11:30 a.m. | [Register](#)

### **Living with Alzheimer's: For Caregivers (Late-Stage) | 2-Part Series**

Part 1: Tuesday, Feb. 16, 6-7:30 p.m. | [Register](#)  
Part 2: Thursday, Feb. 18, 6-7:30 p.m. | [Register](#)

### **Protecting Your Brain While Living with HIV**

Tuesday, Feb. 16, 6-7 p.m. | [Register](#)

### **Understanding Alzheimer's and Dementia**

Tuesday, Feb. 2, noon-1 p.m. | [Register](#)  
Tuesday, Feb. 9, 4-5 p.m. | [Register](#)  
Tuesday, Feb. 23, 6-7 p.m. | [Register](#)

### **Understanding and Responding to Dementia-Related Behaviors**

Friday, Feb. 5, 10-11:30 a.m. | [Register](#)  
Wednesday, Feb. 10, 10-11:30 a.m. | [Register](#)  
Wednesday, Feb. 17, 2-3:30 p.m. | [Register](#)

Visit [alz.org/crf](http://alz.org/crf), email [helplinegmc@alz.org](mailto:helplinegmc@alz.org) or call **800.272.3900** to register



## DISEASE EDUCATION

### 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 10 common warning signs and what to watch for in yourself and others.

### Healthy Living for Your Brain and Body: Tips from the Latest Research

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.

### Protecting Your Brain While Living with HIV

Thanks to improvements in treatment, people living with HIV are living longer than ever. As a result, it's important for them to take care of their brain for a long, healthy life while aging. Learn why people living with HIV are at higher risk for cognitive changes and some simple steps to help protect the brain.

### Understanding Alzheimer's and Dementia

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments, and ways the Alzheimer's Association can help.

## PLANNING AHEAD

### Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

### Legal and Financial Planning

Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

## FOR CAREGIVERS

### Caregiving & COVID-19

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.

### Effective Communication Strategies

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

### Living with Alzheimer's: For Caregivers

Learn helpful strategies to provide safe, effective and comfortable care for individuals living with Alzheimer's disease.

### Understanding and Responding to Dementia-Related Behavior

Learn about common triggers for behaviors associated with dementia, how to assess a person's needs and how to intervene effectively.

## FOR PERSONS LIVING WITH DEMENTIA

### Living with Alzheimer's: For People with Alzheimer's

A diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are. You'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Visit [alz.org/crf](http://alz.org/crf), email [helplinegmc@alz.org](mailto:helplinegmc@alz.org) or call 800.272.3900 to register

