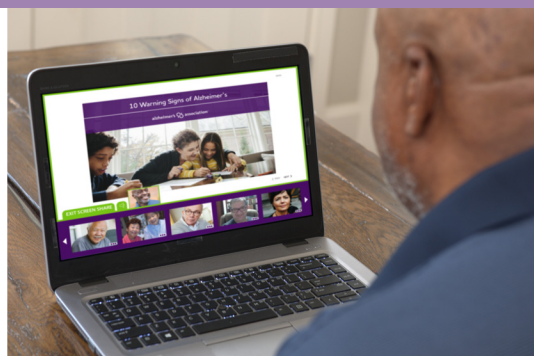




ALZHEIMER'S AND DEMENTIA EDUCATION YOU CAN TRUST



The Alzheimer's Association® provides care and support to those affected by Alzheimer's and all other dementia through free, high-quality education programs. Explore our convenient learning opportunities focused on Alzheimer's disease, caregiving, communication and more.

The 10 Warning Signs of Alzheimer's *60-minute and 30-minute options available.*

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

Understanding Alzheimer's and Dementia *60-minute and 30-minute options available.*

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

Understanding and Responding to Dementia Related Behaviors *60-minute and 30-minute options available.*

Review caregiver tips and strategies to respond to some common behaviors exhibited by individuals living with dementia, such as agitation, confusion and more.

Effective Communication *45-minute and 30-minute options available.*

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

Dementia Conversations *45-minute and 30-minute options available.*

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult—but important—conversations about changes that may be related to dementia.

Healthy Living for Your Brain and Body *60-minute and 30-minute options available.*

For centuries, we've known that the health of the brain and body are connected. Now science is able to provide insights into how to make lifestyle choices. Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and how to incorporate these recommendations into a plan for healthy aging.

To learn more or schedule an education program, contact: