

Quarterly Virtual Community Education Flyer March - May 2025

March 2025

Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available and Alzheimer's Association resources.

Thursday, March 6th, 12:00 - 1:00 pm CST
Via Webinar: REGISTRATION IS REQUIRED -
<https://bit.ly/4jA3VQX>

The Empowered Caregiver Series:

Building Foundations

This class explores ways to build a support team and manage caregiver stress when supporting a person or family member living with dementia.

Wednesday, March 13th, 1:00 - 2:30 pm CST
Via Webinar: REGISTRATION IS REQUIRED -
<https://bit.ly/40mngFm>

April 2025

The Empowered Caregiver Series:

Supporting Independence

This class focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Tuesday, April 22nd, 10:00 - 11:30 am CST
Via Webinar: REGISTRATION IS REQUIRED -
<https://bit.ly/4ayPicx>

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. Use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Tuesday, April 10th, 12:00 - 1:00 pm CST
Via Webinar: REGISTRATION IS REQUIRED -
<https://bit.ly/3EbTI2x>

May 2025

The Empowered Caregiver Series:

Communicating Effectively

This class teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

Monday, May 12th, 12:00 - 1:00 pm CST
Via Webinar: REGISTRATION IS REQUIRED -
<https://bit.ly/3W9HFU5>

Dementia Conversations

This program provides tips for breaking the ice with your family so you can address some common issues that are difficult to discuss: going to the doctor, deciding when to stop driving and make legal and financial plans.

Friday, May 16th, 12:00 - 1:00 pm CST
Via Webinar: REGISTRATION IS REQUIRED -
<https://bit.ly/40xnwbT>

For Alzheimer's and dementia education in Spanish,
<https://training.alz.org/espanol>.