

## Education Flyer – January - March 2026

### **The Empowered Caregiver: 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, January 13th, 11:00 am to 12:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/3X9Orct>
- **Tuesday, February 3rd, 1:00 to 2:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/3XEas3w>
- **Wednesday, March 11th, 1:00 to 2:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4q9ELLW>

### **The Empowered Caregiver: Communicating Effectively**

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

- **Tuesday, January 20th, 11:00 am to 12:00 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/47zeXRI>
- **Tuesday, February 10th, 1:00 to 2:00 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4iDBy4x>
- **Wednesday, March 18th, 1:00 to 2:00 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4bm8X1T>

### **The Empowered Caregiver: Responding to Dementia-Related Behaviors**

This class details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

- **Tuesday, January 27th, 11:00 am to 12:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/47nEH4v>
- **Tuesday, February 17th, 1:00 to 2:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/48z3EsP>
- **Wednesday, March 25th, 1:00 to 2:00 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4jMPGcp>

## Virtual Community Programs – January - March 2026

### HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us in learning about research in 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.

- **January 22nd, 12:00 - 1:00 PM CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/Nourish2026>
- **March 9th, 12:00 - 1:00 PM CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4qaWQcl>

### UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's disease is not a normal part of aging. 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, and Alzheimer's Association resources.

- **February 19th, 12:00 - 1:00 PM CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4jwomPt>

The Alzheimer's Association offers a number of Alzheimer's and dementia programs. To see upcoming classes or support groups in your area, please visit <https://www.communityresourcefinder.org/> or scan the QR code below.

