

## Education Flyer – February - April 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, 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>
- **Thursday, April 9th, 1:00 am to 2:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4soWO2x>

### 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, 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>
- **Thursday, April 16th, 1:00 am to 2:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4soWO2x>

### 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, 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>
- **Thursday, April 23rd, 1:00 am to 2:30 pm CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4soWO2x>

## Virtual Community Programs – February - April 2026

### 10 WARNING SIGNS

Alzheimer's and other dementia cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common dementia warning signs; how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process and Alzheimer's Association resources.

- **April 8th, 12:00 - 1:00 PM CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/49kGmaB>

### 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.

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

### MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES

If you or someone you know is facing Alzheimer's disease, dementia, or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

- **April 9th, 2:00 - 3:00 PM CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4hHR4fg>

### 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>
- **April 22nd, 1:00 - 2:00 PM CST**
  - Via Webinar: REGISTRATION IS REQUIRED - <https://bit.ly/4nCaLX8>