



memory

## FEBRUARY | CLASSES FOR CAREGIVERS SERIES

### DEMENTIA 101

*Wednesday, February 15, 2017*

1:00 pm - 3:00 pm

Learn the basics of dementia, while also considering what to expect as Alzheimer's disease or dementia progresses. While not everyone travels the same path, come and gain an overview of dementia, learn more about the different types, and general stages of the disease process to help you anticipate future challenges.

#### PRESENTER



**Dr. James Bickel** is board certified in Neurology and Clinical Neurophysiology. He is on the medical staff of Inova Fairfax Hospital where he serves as Medical Director of the Inova Memory Center, and was named a "Top Doctor" for 2010 in Northern Virginia Magazine.

#### CLASSES FOR CAREGIVERS EDUCATION SERIES

These programs are a part of our ongoing Classes for Caregivers series, geared towards family caregivers caring for a loved one at home. All sessions are FREE, and open to the public. Classes are held the third Wednesday of each month from 1 to 3 pm.

#### RESPITE

Respite care may be available by request; please notify us when registering to confirm availability.

#### LOCATION

Linda and Lou Mazawey  
Education and Support Center  
3955 Pender Drive, Suite 100  
Fairfax, VA 22030

#### RSVP

Please contact Christi Clark at [christi.clark@insightmcc.org](mailto:christi.clark@insightmcc.org) or 703-204-4664. You can also register online at [InsightMCC.org](http://InsightMCC.org); click on the event calendar at the top right of any page.

*mark your calendar...*

#### NEXT CAREGIVER CLASS

**Research Updates and Clinical Trials** | *Wednesday, March 15 at 1:00 pm*

#### CAREGIVER BOOTCAMP

**Dementia Overview** | *Saturday, April 29 at 9:00 am*

#### COMMUNITY SUPPORT GROUP

*2nd and 4th Wednesdays of each month*

#### MEMORY SCREENINGS

*4th Wednesday of the month from 1:00 to 3:00 pm*