



## ONLINE EDUCATION PROGRAMS

*No one should face Alzheimer's alone.*

To register, call the 24/7 Helpline at 800.272.3900  
or go online to [alz.org/crf](http://alz.org/crf). Registration is required.

### EFFECTIVE COMMUNICATIONS STRATEGIES

Learn how to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Thursday, April 23	Noon–1 p.m.
Tuesday, April 28	1–2 p.m.
Tuesday, May 26	1–2:30 p.m.

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

Join us to learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Wednesday, April 15	3–4 p.m.
Wednesday, May 6	10–11 a.m.
Tuesday, May 12	10–11 a.m.
Tuesday, May 19	1–2:30 p.m.
Wednesday, June 11	11 a.m. - noon

### KNOW THE TEN SIGNS: EARLY DETECTION MATTERS

Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others.

Wednesday, April 22	11 a.m. - noon
Tuesday, May 12	1–2:30 p.m.

24/7 Helpline:  
**800.272.3900**

## LIVING WITH ALZHEIMER'S FOR CAREGIVERS

Hear caregivers and professionals discuss helpful strategies to provide safe, effective, and comfortable care throughout the course of the disease.

Tuesday, June 16	1–2:30 p.m.	(for Caregivers – early stage)
Tuesday, June 23	1–2:30 p.m.	(for Caregivers – middle stage)
Tuesday, June 30	1–2:30 p.m.	(for Caregivers – late stage)

## UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Alzheimer's disease is not a normal part of aging. It's a progressive and fatal brain disease and is the most common form of dementia. This workshop is for anyone who would like to know more about how Alzheimer's affects the brain, detection, causes and risk factors, stages of the disease, treatment, and much more.

Wednesday, April 29	2–3 p.m.
Tuesday, May 5	1–2:30 p.m.
Tuesday, May 26	Noon– 1 p.m.

## UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIOR

Learn about some of the common triggers for behaviors associated with dementia, how to assess the person's needs, and how to intervene effectively.

Wednesday, April 15	7–8 p.m.
Monday, May 18	11 a.m.–noon
Tuesday, June 2	1–2:30 p.m.

## ONLINE AND TELEPHONE SUPPORT GROUPS

*The need for caregivers to be connected to a community of support is greater now than ever before. In these challenging times, we are offering support groups led by experienced facilitators via telephone or online. To register, call the 24/7 Helpline at 1.800.272.3900.*

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