

EDUCATION CLASSES

For families, community members, and people facing Alzheimer's and all other dementia.



AWARENESS PRESENTATION (15 TO 20 MINUTES)

The purpose of this presentation is to raise awareness of Alzheimer's and dementia, share basic disease information, and inform the community of Alzheimer's Association resources. With a flexible format, an awareness presentation can fit into existing business meetings, corporate lunch and learns and community gatherings.

INTRODUCTION TO ALZHEIMER'S (20 MINUTES)

This presentation provides a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

HEALTHY LIVING FOR YOUR BRAIN AND BODY (45 MINUTES)

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

10 WARNING SIGNS OF ALZHEIMER'S (30 OR 60 MINUTES)

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA (30 OR 60 MINUTES)

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

DEMENTIA CONVERSATIONS (30 OR 60 MINUTES)

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult — but important — conversations about changes that may be related to dementia.

EFFECTIVE COMMUNICATION STRATEGIES (30 OR 60 MINUTES)

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and get tips to better communicate with people living with the disease.

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