

# VIRTUAL SUPPORT GROUPS AND EDUCATION PROGRAMS

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## SUPPORT GROUPS [All times Eastern]

TUES   APRIL 7 11:30 A.M.	WED   APRIL 15 10:30 A.M.	WED   APRIL 22 3 P.M.	TUES   APRIL 28 11 A.M.
THURS   APRIL 9 1 P.M.	FRI   APRIL 17 2 P.M.	FRI   APRIL 24 11:30 A.M.	THURS   APRIL 30 3 P.M.

## EDUCATION PROGRAMS [All times Eastern]

### **10 Warnings Signs of Alzheimer's** | Tues., April 7 and Tues., April 28 at 5 p.m.

Learn about common symptoms to look for in yourself and others, as well as tips to approach someone who is experiencing changes in their memory, the benefit of early detection and diagnosis, and more.

### **Legal and Financial Planning for Alzheimer's Disease** | Thurs., April 9 at 12 p.m.

Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

### **Understanding Alzheimer's and Dementia** | Tues., April 14 at 5 p.m.

Learn about the difference between normal age-related memory changes and more serious memory problems that should be evaluated by a medical professional.

### **Effective Communication Strategies** | Thurs., April 16 12 p.m.

Learn 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.

### **Healthy Living for Your Brain and Body** | Tues., April 21 at 5 p.m.

This program will help you develop better habits for living a healthy lifestyle. Studies have shown that proper brain and heart health can contribute to the possible risk reduction of diseases.

### **Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning** | Thurs., April 23 at 12 p.m.

Learn how to talk with your family, including the person with signs of dementia, about topics such as going to the doctor, deciding when to stop driving and making legal and financial plans.

### **Understanding and Responding to Dementia Related Behavior** | Thurs., April 30 at 12 p.m.

Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.