

JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



COVID-19 and Caregiving

Tues., Sept. 1 | 10-11:30 a.m. | [Register](#)

Tues., Sept. 8 | 10-11:30 a.m. | [Register](#)

Understanding and Responding to Dementia-Related Behavior

Wed., Sept. 2 | 2-3:30 p.m. | [Register](#)

Wed., Sept. 30 | 12-1 p.m. | [Register](#)

10 Warning Signs of Alzheimer's

Wed., Sept. 9 | 2-3:30 p.m. | [Register](#)

Understanding Alzheimer's and Dementia

Tues., Sept. 15 | 10-11:30 a.m. | [Register](#)

Dementia and Alzheimer's: Diagnosis, Treatment and Ongoing Care

Wed., Sept. 16 | 12-1 p.m. | [Register](#)

Effective Communication Strategies

Tues., Sept. 22 | 10-11:30 a.m. | [Register](#)

Wed., Sept. 23 | 2-3:30 p.m. | [Register](#)

Healthy Living for Your Brain and Body

Tues., Sept. 29 | 10-11:30 a.m. | [Register](#)

Get empowered and educated. Take advantage of September VIRTUAL webinars that are free and provided to the public, offered by the Alzheimer's Association Greater Pennsylvania, Greater New Jersey and Delaware Valley Chapters.

Registration is required. Click a "register" link, visit alz.org/crf or call the Alzheimer's Association Helpline at 800.272.3900.

For information about other Alzheimer's Association programs and services, visit alz.org.



**TO REGISTER, CALL 800.272.3900 OR
VISIT US ONLINE AT ALZ.ORG/CRF.**

JOIN US ONLINE

PROGRAM DESCRIPTIONS

Presented by the Alzheimer's Association®

COVID-19 and Caregiving

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

Dementia Conversations

Learn helpful tips to guide you in having difficult conversations with family members, including going to the doctor, deciding when to stop driving, and making legal and financial plans.

Effective Communications Strategies

Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer's and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.

Healthy Living for Your Brain and Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. 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.

Understanding and Responding to Dementia-Related Behavior

Provides participants with a four-step model to address behavioral aspects of dementia. The program details the model and then applies it to some of the most common behaviors associated with the disease.

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process, and Alzheimer's Association resources.

Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer's Association resources.

**TO REGISTER OR LEARN MORE,
CALL 800.272.3900 OR ONLINE
AT [ALZ.ORG/CRF](https://www.alz.org/crf).**