

## Alzheimer's and Dementia: A Three-Part Presentation

- *10 Warning Signs of Alzheimer's and Dementia: Monday, June 6<sup>th</sup> (12:30 pm - 1:30 pm)*

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. Join us to learn about the difference between normal aging and Alzheimer's; common warning signs; the importance of early detection and benefits of diagnosis; next steps and expectations for the diagnostic process; and Alzheimer's Association resources.

- *Healthy Living for the Brain and Body: Wednesday, July 13<sup>th</sup> (12:30 pm - 1:30 pm)*

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how lifestyle choices may help you keep your brain and body healthy as you 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.

- *Effective Communication Strategies & Dementia Conversations: Monday, August 1st (12:30 pm - 1:30 pm)*

Communication is more than just talking and listening — it's also about sending and receiving messages through attitude, tone of voice, and body language. As the disease progresses, individuals living with Alzheimer's or other dementias lose the ability to use words, but families can find new ways to connect. Join us to explore how communication changes when someone is living with Alzheimer's, learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

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