



No one should face Alzheimer's alone. Available in-person, on-demand, or as a live webinar, our education programs feature information on topics including the signs of Alzheimer's disease, diagnosis, communication, living with dementia and caregiving techniques. Registration is required, and registrants will be sent additional details prior to the date of the program. Full program descriptions can be found on our website.

IN-PERSON

10 Healthy Habits for Your Brain

January 22 | 12:30-1:30 PM (Kernersville)

The Empowered Caregiver: Supporting Independence

January 28 | 12:30-2:00 PM (Gastonia)

ON-DEMAND

Empowered Caregiver Education Series

Building Foundations of Caregiving

Supporting Independence

Communicating Effectively

Responding to Dementia-Related Behaviors

Exploring Care & Support Services

LIVE WEBINARS

Healthy Nutrition for People Living with Dementia

Presented by the Greater Kentucky and Southern Indiana Chapter

January 9 | 10:00-11:30 AM

Aging in Place: A Guide to Planning Your Future

Presented by the Greater Cincinnati Chapter

January 21 | 6:00-7:00 PM

Understanding Brain Health Research: What It Is and Why It Matters

January 21 | 6:30-7:30 PM

TO REGISTER:

800.272.3900 | act.alz.org/NCmonthlyprograms