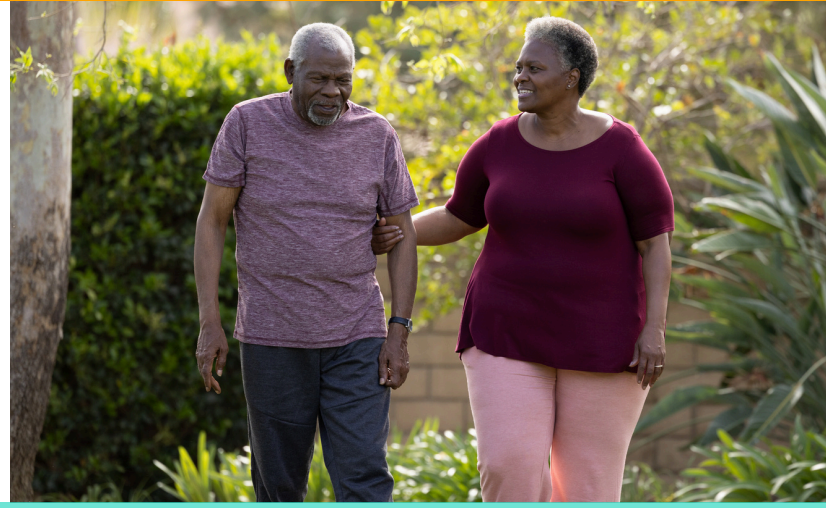


## FEBRUARY 2026 PUBLIC EDUCATION



**No one should face Alzheimer's alone.** Available in-person or as live webinars, our public education programs feature information on topics including the signs of Alzheimer's disease, brain health, diagnosis, and caregiving support. Registration is required, and registrants will receive additional details prior to the program.

### IN-PERSON

#### **Healthy Living for Your Brain and Body**

February 9 | 3:00–4:00 p.m. (Goldsboro)

#### **10 Warning Signs of Alzheimer's**

February 20 | 12:00–1:00 p.m. (Durham)

#### **Dementia Conversations**

February 19 | 1:00–2:30 p.m. (Raleigh)

#### **Memory Cafe**

*A Caregiver Academy collaboration*

February 25 | 11:00 a.m.– 1:00 p.m.  
(Wilmington)

### LIVE WEBINARS

**The following topics are presented in celebration of Black History Month.**

#### **Supporting Brain Health in Our Community**

February 12 | 8:00 - 9:30 p.m.

With Delta Research Educational Foundation

#### **Alzheimer's & Dementia: What You Need to Know**

February 18 | 8:00 - 9:00 p.m.

With the Divine Nine Consortium.

**TO REGISTER:**

**800.272.3900 | [alz.org/ENCMonthlyPrograms](https://alz.org/ENCMonthlyPrograms)**