

Webinar/Phone Family Caregiver Education Programs – April



Understanding Alzheimer's and Dementia

Wednesday, April 7th, 5:00 - 6:00 pm CDT

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources. [REGISTER](#)

Healthy Living for Your Brain and Body: Tips from the Latest Research

Monday, April 12th, 2:00 - 3:00 pm CDT

For centuries, we've known the health of the brain and the body are connected. Now, science is able to provide insights into how to make lifestyle choices that 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. [REGISTER](#)

Living with Alzheimer's for Caregivers - Early Stage

Tuesday, April 13th, 4:00 - 5:30 pm CDT

In the early stage of Alzheimer's disease, families face new questions as they adjust. What does the diagnosis mean? What kinds of plans need to be made? What resources are available to help? This 3-part program provides practical answers to the questions that arise in the early stage. Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis. [REGISTER](#)

Mind the Music: Effective Communication Strategies

Wednesday, April 21st, 11:30 am - 1:30 pm CDT

Join us to explore how communication takes place when someone has Alzheimer's, 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. Following a 30-minute communication program & a 10-minute break, guest speaker Cathy Reitz will share how and why music inspires, enlightens and touches deep parts of us that words alone cannot describe. Find out why music stays in our memories longer than anything else. [REGISTER](#)

Navigating the Journey to a Dementia Diagnosis

Open to anyone concerned about dementia and Alzheimer's disease

Wednesday, April 28th, 3:00 - 6:00 pm CDT

During this mini conference, participants will hear from physicians experienced in diagnosing Alzheimer's disease and other dementias, as well as caregivers who have or are currently caring for someone living with dementia. As cases of dementia continue to rise in our country, the importance of an accurate and early diagnosis is especially imperative. Diagnosing an individual with dementia can be very complex. Knowing the warning signs is essential for physicians, patients and caregivers. [REGISTER](#)

Register for any of our education programs by following the REGISTER links or by calling our 24/7 Helpline at 800.272.3900. You will receive connection information after you register.

For additional education classes, please visit alz.org/crf
[Online learning](#) opportunities are also available.