

Virtual Dementia Education Summer Series

Presented by:

alzheimer's 
association[®]


Aging & Disability Resource Center
of Northwest Wisconsin

This summer, catch these free and informative educational programs from the comfort of your own home, sipping ice tea on the deck or by the lake or nestled in on the couch.

Open to anyone who wants to learn more about Alzheimer's disease, dementia and brain health. Options for all technology skill levels available—just call in and listen or login online to watch, listen and interact!

Healthy Living for Your Brain & Body; Tips from the Latest Research

Monday, June 29th, 6-7pm

At any age there are lifestyle habits we can adopt to help maintain or even improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging.

Know the 10 Signs in Individuals with Intellectual and Developmental Disabilities

Monday, July 27th, 6-7pm

Research suggests that the prevalence of dementia in those with Intellectual and Developmental Disabilities (IDD) is higher than those without IDD and may develop at younger ages, as young as 35 in people with Down Syndrome. Do you know what signs and symptoms to watch for? How do you track changes? Learn all of this and more!

Understanding Alzheimer's and Dementia

Monday, August 31st, 6-7pm

In the United States alone, more than 5 million individuals are living with Alzheimer's and 16 million are serving as their unpaid caregivers. The disease is a global crisis that impacts numerous families right here in our community. No one has to face this disease alone or without information. This program covers the basics of Alzheimer's and dementia.

Dementia Conversations

Monday, September 28th, 6-7pm

Conversations with family members who are showing signs of dementia can be challenging and uncomfortable. The fear or lack of awareness that may accompany these conversations can result in delays that have serious consequences for the entire family. Get the information you need to feel comfortable and prepared!

Register by calling the Alzheimer's Association at 800-272-3900.