

## Brain Health 101: Recognizing, Understanding, and Living Well

VIRTUAL



"Brain Health 101" is a virtual educational series designed to empower individuals, caregivers, and community members with essential knowledge about cognitive health. Whether you're seeking to support a loved one or simply want to be informed, this series offers practical guidance, expert insights, and resources to help you take proactive steps toward brain health.

**Please register prior to each program by clicking on the title or calling 800.272.3900.**

### **10 WARNING SIGNS OF ALZHEIMER'S**

AUGUST 28 | 1 PM

Am I getting old or getting Alzheimer's? Is forgetfulness a natural part of aging? When does memory difficulty signal a larger problem? This program provides an understanding of the difference between normal aging and when symptoms reveal a larger problem.

### **UNDERSTANDING ALZHEIMER'S AND DEMENTIA**

SEPTEMBER 25 | 1 PM

Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors, current research and treatments available, and Alzheimer's Association resources.

### **HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS FROM THE LATEST RESEARCH**

OCTOBER 30 | 1 PM

Don't miss the chance to join our informative session, where we delve into the most recent research findings offering valuable insights on maintaining a healthy brain and body as you age. Discover effective lifestyle choices that can positively impact your cognitive and physical well-being throughout the aging process.