

The Alzheimer's and Dementia Journey

A virtual educational series presented by the Alzheimer's Association

Join us for this free, virtual educational series discussing important topics such as brain-healthy lifestyle habits, the signs of Alzheimer's, the differences between Alzheimer's and dementia, the different stages of Alzheimer's, resources from the Alzheimer's Association and more.

Dates: June 22, September 30 & November 18
Time: 1:00pm-2:00pm

To register, please email Caroline Baumis cbaumis@alz.org.

For any questions or concerns, please contact Zaconia Turner, Veterans Healthcare Program Manager, at turnerz@veterans.nv.gov.



BUILDING BRAIN-HEALTHY HABITS **MONDAY, JUNE 22 | 1:00PM TO 2:00PM**

Learn research-backed information on brain health and the importance of taking action to protect your brain at every age. Gain tips for building brain-healthy habits into your daily life.

10 WARNING SIGNS OF ALZHEIMER'S **WEDNESDAY, SEPTEMBER 30 |** **1:00PM TO 2:00PM**

Learn the 10 Warning Signs of Alzheimer's disease, hear from people who have the disease and find out how to recognize the signs in yourself and others.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA **WEDNESDAY, NOVEMBER 18 |** **1:00PM TO 2:00PM**

Alzheimer's disease is not a normal part of aging. Learn about the differences between Alzheimer's and dementia, stages, risk factors and more.

IN COLLABORATION WITH:



ALZHEIMER'S ASSOCIATION®