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WE’RE HERE FOR YOU
Call 800.272.3900 to register

JOIN US FOR OUR UPCOMING PHONE/WEBINAR EDUCATION PROGRAMS!

10 Warning Signs of Alzheimer’s

Alzheimer’s and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

Thursday, April 2, 2020
3:30 – 4:30 p.m.

Register today at 800.272.3900 or go to bit.ly/33SAVxt

Understanding Alzheimer’s and Dementia

Alzheimer’s disease is not a normal part of aging. 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.

Tuesday, April 7, 2020
12 – 1 p.m.

Register today at 800.272.3900 or go to bit.ly/2xzHt84

Living With Alzheimer’s for Caregivers: 3-part series

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.

Tuesday, April 14  |  Tuesday, April 21  |  Tuesday, April 28
2 – 3:30 p.m.

Register for the series by calling 800.272.3900 or go online to bit.ly/3dCPF86

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

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.

Wednesday, April 22, 2020
11 a.m. – 12 p.m.

Register today at 800.272.3900 or go to bit.ly/3avruXe
To protect the health of our constituents, volunteers and staff, the Alzheimer's Association Long Island Chapter will be offering all education programs & support groups via phone and/or webinar.

Pre-registration required for all programs. Instructions on how to join the program using a computer or telephone will be provided upon registration.

More resources
Alzheimer's Library and Resource Center: alz.org/help-support/resources/virtual_library

Online tools: alz.org/help-support/resources/online-tools