Walking the Talk
An exclusive series for Walk to End Alzheimer’s participants

For all of us on the Alzheimer’s journey it’s important to know as much as we can about the disease and the ways in which we can navigate it. You’re invited to participate in this series of complimentary virtual educational offerings. Feel free to attend one or all.

Tuesday, Jan. 25  12-1 p.m.  
Understanding Alzheimer’s and Dementia  
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 HERE

Tuesday, Feb. 22  12-1 p.m.  
Effective Communication Strategies  
Communication is more than just talking and listening – it’s also about sending and receiving messages through attitude, tone of voice, facial expressions and body language. As people with Alzheimer’s disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. 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.

REGISTER HERE

Tuesday, March 29  12-1 p.m.  
Dementia Conversations  
When someone is showing signs of dementia, it’s time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

REGISTER HERE

Tuesday, Apr. 26  12-1 p.m.  
Healthy Living for Your Brain and Body  
For centuries, we’ve known that the health of the brain and the body are connected. But 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 HERE

alz.org/mnnd  
24/7 Helpline  1.800.272.3900