

APRIL VIRTUAL AND DIAL-IN EDUCATION PROGRAMS

10 Warning Signs of Alzheimer's

Lunch & Learn | Friday, April 2, 12:30-1 p.m. | [Register](#)

Spanish-Speaking | Thursday, April 8, 7-8:30 p.m. | [Register](#)
COVID-19 Vaccine Update by Irving Vega, Ph.D., MSU College of Human Medicine, Michigan Alzheimer's Disease Research Center

*Saturday, April 10, 10 a.m.-noon | [Register](#)
featuring Protecting Yourself from Scams and Identity Theft by LaToya Hall, MSW, Wayne State University Institute of Gerontology

Tuesday, April 20, 3-4 p.m. | [Register](#)

Tuesday, April 27, 6-7 p.m. | [Register](#)

COVID-19 & Caregiving

Tuesday, April 13, 10-11 a.m. | [Register](#)

Tuesday, April 27, noon-1 p.m. | [Register](#)
Bonus content from MSU Extension: Managing Your Health During Challenging Times

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Lunch & Learn | Friday, April 30, 12:30-1 p.m. | [Register](#)

Effective Communication Strategies

Friday, April 9, noon-1 p.m. | [Register](#)

Monday, April 12, 4-5 p.m. | [Register](#)

Wednesday, April 14, noon-1 p.m. | [Register](#)

Wednesday, April 14, 6-7 p.m. | [Register](#)

Lunch & Learn | Friday, April 16, 12:30-1 p.m. | [Register](#)

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

Thursday, April 1, 3-4 p.m. | [Register](#)

Wednesday, April 7, 10-11:30 a.m. | [Register](#)
Bonus content from MSU Extension: Wits Workout

Monday, April 26, 6-7:30 p.m. | [Register](#)
Bonus content from MSU Extension: Wits Workout

Legal & Financial Planning

Tuesday, April 20, 10 a.m.-noon | [Register](#)

Living with Alzheimer's: For Care Partners (Early-Stage) | 3-Part Series

Part 1: Thursday, April 15, 6-7:30 p.m. | [Register](#)

Part 2: Thursday, April 22, 6-7:30 p.m. | [Register](#)

Part 3: Thursday, April 29, 6-7:30 p.m. | [Register](#)

Living with Alzheimer's: For Caregivers (Middle-Stage) | 3-Part Series

Part 1: Tuesday, April 20, 1-2:30 p.m. | [Register](#)

Part 2: Wednesday, April 21, 1-2:30 p.m. | [Register](#)

Part 3: Thursday, April 22, 1-2:30 p.m. | [Register](#)

Living with Alzheimer's: For Caregivers (Late-Stage) | 2-Part Series

Part 1: Monday, April 19, 8-9:30 a.m. | [Register](#)

Part 2: Monday, April 26, 8-9:30 a.m. | [Register](#)

Protecting Your Brain While Living with HIV

Wednesday, April 7, 7-8 p.m. | [Register](#)

Friday, April 23, 3-4 p.m. | [Register](#)

Friday, April 30, 11 a.m.-noon | [Register](#)

Understanding Alzheimer's and Dementia

Lunch & Learn | Friday, April 9, 12:30-1 p.m. | [Register](#)

Tuesday, April 13, 5-5:30 p.m. | [Register](#)

Wednesday, April 14, 9-9:30 a.m. | [Register](#)

Wednesday, April 14, 12:30-1 p.m. | [Register](#)

Wednesday, April 14, 5:30-6 p.m. | [Register](#)

Understanding and Responding to Dementia-Related Behaviors

Monday, April 5, 9-10 a.m. | [Register](#)
Bonus content from MSU Extension: Mindful Breathing

Tuesday, April 6, 3-4 p.m. | [Register](#)
Bonus content from MSU Extension: Mindful Movement

Lunch & Learn | Friday, April 23, 12:30-1 p.m. | [Register](#)

Friday, April 23, 3-4 p.m. | [Register](#)
Bonus content from MSU Extension: Mindful Eating

Wednesday, April 28, 3-4 p.m. | [Register](#)
Bonus content from MSU Extension: Be Kind to Your Mind

*Part of Dementia Super Saturday Series

Visit alz.org/crf, email helplinegmc@alz.org or call **800.272.3900** to register



Self-paced programs available at alz.org/training

Connect with us at alz.org/gmc and follow us @alzmichigan    

DISEASE EDUCATION

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 10 common warning signs and what to watch for in yourself and others.

COVID-19 Vaccine Update

Learn about the different types of COVID-19 vaccines, potential side effects, safety of receiving vaccines and possible relationship between COVID-19 and dementia.

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.

Protecting Your Brain While Living with HIV

Thanks to improvements in treatment, people living with HIV are living longer than ever. As a result, it's important for them to take care of their brain for a long, healthy life while aging. Learn why people living with HIV are at higher risk for cognitive changes and some simple steps to help protect the brain.

Understanding Alzheimer's and Dementia

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments, and ways the Alzheimer's Association can help.

PLANNING AHEAD

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

Legal and Financial Planning

Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

FOR CAREGIVERS

COVID-19 & Caregiving

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility or care providers are coming into the home.

Effective Communication Strategies

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.

Living with Alzheimer's: For Caregivers/Care Partners

Learn helpful strategies to provide safe, effective and comfortable care for individuals living with Alzheimer's disease.

Understanding and Responding to Dementia-Related Behavior

Learn about common triggers for behaviors associated with dementia, how to assess a person's needs and how to intervene effectively.

FOR PERSONS LIVING WITH DEMENTIA

Living with Alzheimer's: For People with Alzheimer's

A diagnosis of Alzheimer's disease is life-changing and leads to many questions. In this three-part program, you will hear from others who have been where you are. You'll learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Living with Alzheimer's: For Younger-Onset Alzheimer's

Join us to get answers to questions that arise for individuals who receive a diagnosis of Alzheimer's under the age of 65. Hear from those directly affected, get planning advice and learn how to navigate your journey.

Visit alz.org/crf, email helplinegmc@alz.org or call **800.272.3900** to register



Self-paced programs available at alz.org/training

Connect with us at alz.org/gmc and follow us @alzmichigan    