

**TWO-DAY, THREE-PART SERIES:**

**LOCATION:**

Grandhaven Living Center  
3145 W. Mt. Hope Avenue, Lansing

**THURSDAY, DECEMBER 3**

**6:00 – 8:00 PM**

**Understanding Alzheimer's**

An introductory program to help people learn how to identify the differences between dementia and Alzheimer's disease, recognize possible signs of Alzheimer's disease, better understand how the disease is diagnosed, recognize the effects of Alzheimer's on the brain, and gain access to community resources.

**THURSDAY, DECEMBER 10**

**6:00 – 8:00 PM**

**Know the 10 Signs**

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease.

**Maintain Your Brain**

This program will outline the basics of memory loss, help people understand how Alzheimer's disease is diagnosed, show how to recognize the effects of Alzheimer's on the brain, create a fitness plan from the neck up, and learn what choices you can make to keep your brain healthy. Thinking ahead today may make all the difference tomorrow.

**Understanding Alzheimer's**

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**MONDAY, DECEMBER 7**

**6:00 – 8:00 PM**

University Seventh-Day Adventist Church  
504 Ann Street, East Lansing

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**TUESDAY, DECEMBER 22**

**12:00 – 1:00 PM**

Home Instead Senior Care  
1760 E. Grand River, East Lansing  
Please bring a brown bag lunch  
Drinks and dessert will be provided  
Monthly support group immediately follows

**All programs are free, but a donation of \$10 per person (or family) per session is suggested. Advance registration is required. Please call 1-800-272-3900 to register.**