

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.

TUESDAY, NOVEMBER 17 ~ 5:30 - 7:30 PM

White Oaks Assisted Living
300 White Oak Road, Lawton

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.

THURSDAY, NOVEMBER 19 ~ 2:00 - 3:30 PM

Burnham Brook
200 W. Michigan, Battle Creek

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.

Michigan Great Lakes Chapter, South West Region
2300 Portage St, Suite 341, Kalamazoo, MI 49001
Phone: 269.342.1482

For more information and additional programs, visit www.alz.org/mglc or call our 24/7 Helpline 1.800.272.3900