

This 5-week course will be mostly lecture supported by PowerPoint and video presentations as well as class question and answer and dialogue. Since this course is presented by the Alzheimer's Association at NO CHARGE, students should NOT be charged a fee for registering for any of these courses.

The 5-week sessions will cover the following topics on the overall theme: UNDERSTANDING ALZHEIMER'S DISEASE AND DEMENTIA:

Week 1: Class Orientation and the impact of Alzheimer's and Dementia on our nation and state as well as an overview of Alzheimer's Association Resources.

Week 2: Presentation 1: ***Understanding Alzheimer's and Dementia***

- Symptoms and effects of Alzheimer's disease and other types of dementia
- How Alzheimer's affects the brain
- Causes and risk factors
- How to find out if it's Alzheimer's disease
- The benefits of early detection
- How to address a diagnosis of Alzheimer's disease

Week 3: Presentation 3: ***10 Warning Signs of Alzheimer's***

- The 10 warning signs of Alzheimer's Disease
- How to become prepared if warning signs occur
- Why early detection is important
- About Alzheimer's disease and dementia and some of the known risk factors for Alzheimer's disease
- How a healthy lifestyle and brain health are related

Week 4: Presentation 4: ***Dementia Conversations***

- To share tips for having difficult conversations around some of the most common issues that arise regarding Alzheimer's or another dementia
- To reinforce the need to plan ahead and build a care team that communicates well, in order to reduce the stress that can accompany a disease like Alzheimer's
- To connect attendees with helpful resources to enhance quality of life for everyone involved
- To give attendees the opportunity to hear from people who are dealing with similar issues

Week 5: Presentation 5: ***Healthy Living for Your Brain and Body***

- Brain and body health connections
- Insights into healthy lifestyle choices
- The latest research in the areas of diet & nutrition, exercise, cognitive activity and social engagement
- And how to incorporate these recommendations into a plan for healthy aging