

## Community Education Program Schedule

These programs are free and open to the public, but pre-registration is required. **For more information, or to register please call 888-280-6055.** For information on cancellations or delays during inclement weather, please call **973-453-2324.**

Visit [www.alznm.org/services/education-and-training/](http://www.alznm.org/services/education-and-training/) for the most current education program schedule.



Program	Date/Time	Location
<p><b>Alzheimer's 101</b></p> <p>This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.</p>	<p>Wednesday, January 16 11:00 a.m. – 12:00 p.m.</p>	<p>Alzheimer's NJ Central Regional 197 Rte 18, Suite 308 North, East Brunswick</p>
<p><b>Alzheimer's 101</b></p> <p>This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.</p>	<p>Wednesday, January 16 12:00 p.m. – 1:00 p.m.</p>	<p>Hackensack Meridian Health – Pascack Valley Medical Center 250 Old Hook Road, Westwood</p>
<p><b>Understanding Memory Loss</b></p> <p>This program explores the difference between normal age-related memory changes and changes that are associated with Alzheimer's disease and other forms of dementia, including some of the common warning signs.</p>	<p>Thursday, January 17 1:00 p.m. – 2:00 p.m.</p>	<p>Jersey Shore University Medical Center Brennan Rooms 104-105 1945 Route 33, Neptune</p>
<p><b>Alzheimer's 101</b></p> <p>This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.</p>	<p>Thursday, January 24 11:00 a.m.-12:00 p.m.</p>	<p>Alzheimer's New Jersey Headquarters 425 Eagle Rock Ave., Ste. 203 Roseland</p>

Program	Date/Time	Location
<p><b>Understanding Memory Loss</b></p> <p>This program explores the difference between normal age-related memory changes and changes that are associated with Alzheimer's disease and other forms of dementia, including some of the common warning signs.</p>	<p>Tuesday, February 5 5:30 p.m. – 7:00 p.m.</p>	<p>Chelsea at the Solana 52 County Road 520 Marlboro</p>
<p><b>Understanding Memory Loss</b></p> <p>This program explores the difference between normal age-related memory changes and changes that are associated with Alzheimer's disease and other forms of dementia, including some of the common warning signs.</p>	<p>Thursday, February 7 1:00pm-2:00pm</p>	<p>Jersey Shore University Medical Center Brennan Rooms 104-105 1945 Route 33, Neptune</p>
<p><b>Residential Care Options: Finding the Right Fit for Your Family</b></p> <p>This program is designed to guide caregivers through the process of selecting the most appropriate care setting; providing an overview of the options and highlighting factors to consider when choosing this new home.</p>	<p>Tuesday, February 12 12:00 p.m.- 1:00 p.m.</p>	<p>Hackensack Meridian Health-Pascack Valley Medical Center 250 Old Hook Road, Westwood</p>
<p><b>Communication Tips and Techniques in Alzheimer's Disease</b></p> <p>As Alzheimer's disease progresses, people with the disease lose their ability to use words to communicate. Learn how to enhance communication at each stage of the disease.</p>	<p>Wednesday, February 20 11:00 a.m.- 12:00 p.m.</p>	<p>Alzheimer's NJ Central Regional 197 Rte 18, Suite 308 North, East Brunswick</p>
<p><b>Communication Tips and Techniques in Alzheimer's Disease</b></p> <p>As Alzheimer's disease progresses, people with the disease lose their ability to use words to communicate. Learn how to enhance communication at each stage of the disease.</p>	<p>Thursday, February 28 11:00 a.m. – 12:00 p.m.</p>	<p>Alzheimer's New Jersey Headquarters 425 Eagle Rock Ave., Ste. 203 Roseland</p>
<p><b>Alzheimer's 101</b></p> <p>This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.</p>	<p>Wednesday, March 20 11:00 a.m. – 12:00 p.m.</p>	<p>Alzheimer's NJ Central Regional 197 Rte 18, Suite 308 North, East Brunswick</p>

Program	Date/Time	Location
<p><b>Healthy Aging: Tips for Body and Brain</b></p> <p>Learn about the latest research on how lifestyle factors may affect our physical and cognitive health and how to incorporate healthy habits into your daily routine.</p>	<p>Wednesday, March 27 1:00 p.m. – 2:00 p.m.</p>	<p>Congregation Beth Chaim 329 Village Road Princeton Junction</p>
<p><b>Alzheimer's 101</b></p> <p>This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia.</p>	<p>Thursday, March 28 11:00 a.m. – 12:00 p.m.</p>	<p>Alzheimer's New Jersey Headquarters 425 Eagle Rock Ave., Ste. 203 Roseland</p>