

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.alznj.org/services/education-and-training/ for the most current education program schedule.



| Program | Date/Time | Location |
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| Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver. | Wednesday, October 23 10:00 a.m.-11:00 a.m. | Alzheimer's New Jersey Headquarters 425 Eagle Rock Avenue Suite 203, Roseland |
| Managing Communications and Behaviors in Alzheimer's Disease As Alzheimer's Disease progresses, people with the disease lose their verbal communication ability and often communicate through behavior. Learn how to enhance communication at each stage of the disease, recognizing behavior as a form of communication. | Tuesday, October 29 6:00 p.m. – 7:30 p.m. | Center for Brain Health & Dementia Hackensack Meridian 360 Essex Street, Hackensack |
| Coping with Behavior Changes Learn why people with Alzheimer's disease and other forms of dementia experience behavior changes, what behaviors mean, and how to cope when behaviors are challenging. | Wednesday, November 6 9:00 a.m.- 10:00 a.m. | Artis Senior Living of Princeton Junction 861 Alexander Rd, Princeton |
| Healthy Aging: Tips for Body and Brain 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. | Thursday, November 7 1:00 p.m. – 2:00 p.m. | Montville Public Library 90 Horseneck Road, Montville |

| Program | Date/Time | Location |
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| Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver. | Tuesday, November 12 6:00 p.m. – 7:00 p.m. | Center for Brain Health & Dementia – Hackensack Meridian 360 Essex Street, Hackensack |
| Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver. | Tuesday, November 12 1:00 p.m. – 2:00 p.m. | Tenaflly Senior Center 20 So. Summit St., Tenaflly |
| Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia. | Wednesday, November 13 12:00 p.m. – 1:00 p.m. | Hackensack Meridian Health Pascack Valley Medical Center 250 Old Hook Rd. Westwood |
| Alzheimer's 101 This program provides a comprehensive overview for anyone who wants to learn about memory loss, Alzheimer's disease, and other forms of dementia. | Thursday, November 14 10:30 – 11:30 AM | Boonton Holmes Public Library 621 Main St. Boonton |
| Coping with Caregiver Stress This program examines caregiver stress and offers coping strategies to become a healthier caregiver. | Tuesday, November 19 10:00 a.m. - 11:00 a.m. | Care One at Oradell 600 Kinderkamack Rd. Oradell |