

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



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>Wednesday, December 11 11:00 a.m. - 12:00 p.m.</p>	<p>The Gateway Family YMCA Wellness Center Branch 1000 Galloping Hill Road Union</p>
<p><b>Coping with Caregiver Stress</b></p> <p>This program examines caregiver stress and offers coping strategies to become a healthier caregiver.</p>	<p>Thursday, December 12 10:00 a.m. – 11:00 a.m.</p>	<p>Sunrise Assisted Living 180 Mohawk Trail Wayne</p>
<p><b>Managing Communication and Behaviors in Alzheimer's Disease</b></p> <p>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.</p>	<p>Tuesday, December 17 1:00 p.m. - 2:00 p.m.</p>	<p>Alzheimer's New Jersey Headquarters 425 Eagle Rock Avenue Suite 203, Roseland</p>

Program	Date/Time	Location
<p><b>Understanding Dementia: An Overview for Caregivers</b></p> <p>This program is designed to provide caregivers a comprehensive overview of Alzheimer's disease and other forms of dementia. Caregivers of individuals with dementia will learn about the various stages of Alzheimer's disease, the process of getting a diagnosis, strategies for caring for someone with dementia, and much more.</p>	<p>Thursday, January 9 10:00 a.m. - 11:00 a.m.</p>	<p>Alzheimer's New Jersey East Brunswick Office 197 Route 18 South Suite 308 North East Brunswick, NJ 08816-1440</p>
<p><b>Healthy Aging: Tips for Your 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>Tuesday, January 14 1:30 p.m. – 2:30 p.m.</p>	<p>Holland Christian Home 151 Graham Avenue North Haledon</p>
<p><b>Understanding Dementia: An Overview for Caregivers</b></p> <p>This program is designed to provide caregivers a comprehensive overview of Alzheimer's disease and other forms of dementia. Caregivers of individuals with dementia will learn about the various stages of Alzheimer's disease, the process of getting a diagnosis, strategies for caring for someone with dementia, and much more.</p>	<p>Thursday, January 16 1:00 p.m. - 2:00 p.m.</p>	<p>Alzheimer's New Jersey Headquarters 425 Eagle Rock Avenue Suite 203, Roseland</p>