

# Free Educational Program Series

Town of Halfmoon Senior Center

287 Lower Newtown Rd, Waterford, NY 12188

**Tuesday, September 27th, 2022 1:00 PM**

## “Understanding Alzheimer’s and Dementia”

- ☒ Explores the relationship between Alzheimer’s disease and dementia.
- ☒ Examines what happens in a brain affected by Alzheimer’s.
- ☒ Details the risk factors for and three general stages of the disease.
- ☒ Identifies FDA-approved treatments available to treat some symptoms.
- ☒ Looks ahead to what’s on the horizon for Alzheimer’s research.



**Monday, October 17th, 2022 at 11:00 AM**

## “10 Warning Signs”

Explores typical age-related changes.

- ☒ Describes common signs of Alzheimer’s and dementia.
- ☒ Offers tips for how to approach someone about memory concerns.
- ☒ Explains the importance of early detection and benefits of diagnosis.
- ☒ Details possible tests and assessments for the diagnostic process.
- ☒ Identifies helpful Alzheimer’s Association resources.

**Monday, October 24th, 2022 at 11:00 AM**

## “Healthy Living for the Brain and Body”

This workshop covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive activity.
- Physical health and exercise.
- Diet and nutrition.
- Social engagement.

In each area, we will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health in each area.



**To register and learn how to participate, call the Alzheimer’s Association 24/7 Helpline at 800.272.3900 or our local office at 518.675.7214.**

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