



alzheimer's  association®

Free Educational Program Series

Moreau Community Center

144 Main Street, South Glens Falls, NY 12803

**Thursday, September 29th at
12:30 PM**

“10 Warning Signs of Alzheimer’s”

This program increases awareness of the benefits of early Alzheimer's detection, and offers information about memory loss and normal aging, Alzheimer's disease and other forms of dementia. Also learn about the risk factors, 10 warning signs, the diagnostic process and resource to help.



**Thursday, October 27th at
12:30 PM**

“Healthy Living for your Brain and Body: Tips from the latest research”

This workshop covers cognitive activity, exercise, diet/nutrition and social engagement. Drawing on the latest research, this program explores steps to take to improve or maintain overall health in each area.

**Thursday, December 1st at
12:30 PM**

“Effective Communication Strategies”

This program helps explain the communication changes that take place in a person with dementia and identify strategies to connect and communicate at each stage of the disease”



Please contact Cheryl or Cindy at (518)792-6007 to make your reservation for these Moreau Community Center “Lunch & Learn” programs.

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.

These programs are supported in part by a grant from the New York State Department of Health.