



## EDUCATION PROGRAMS

### January 2024

#### Special Series: Healthy Habits For a Healthy Brain!

January 11 at 12 PM ► Heart Healthy Cooking For Your Brain. REGISTER: <https://alz-org.zoom.us/.../tJclf...>

January 18 at 12 PM ► Movement to Support Your Brain & Body. REGISTER: <https://alz-org.zoom.us/meeting/register/tJAqcemuqD4uGNMFGGr6UMC46meGV17fkUEzb#/registration>

February 1 at 12 PM ► Good Sleep For Good Health. REGISTER: <https://alz-org.zoom.us/.../tJUtd2orz8tH9GgrHwEfZG4LGF4M...>

#### For Caregivers

January 9 at 12 PM ► Effective Communication Strategies. REGISTER: <https://alz-org.zoom.us/.../tJEduiorD8jGdX79WXIqDG7sGqEU...>

January 17 at 12 PM ► Understanding and Responding to Dementia-Related Behaviors, Hosted by CMK Home Care. REGISTER: <https://alz-org.zoom.us/.../tJwudOqprjMpEtHEhSrg3qgja5fvl...>

January 24 at 6 PM ► Dementia Conversations. REGISTER: <https://alz-org.zoom.us/.../tJAtf...>

January 30 at 6 PM ► Managing Money: A Caregiver's Guide to Finances. REGISTER: <https://alz-org.zoom.us/.../tJEsf-usqDsoH907DoVO...>