

Questions about Memory Loss?

Attend a one-hour informational session!

Everyone Welcome. No charge to attend and no registration.
This series takes place at the Spicer Public Library (198 Manitoba Street)
on the following dates from 2:00pm – 3:00pm.

August 8: Dementia Friends

Learn about dementia, how it affects day-to-day lives, and the small ways you can make a positive difference for people living with dementia in your community

September 12: Know the 10 Signs

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to plan for the future.

October 10: Effective Communication Strategies

Explore how communication takes place when someone has Alzheimer's, learn to decode messages, and identify strategies to help you connect and communicate at each stage of the disease.

November 14: Healthy Living for Your Brain and Body

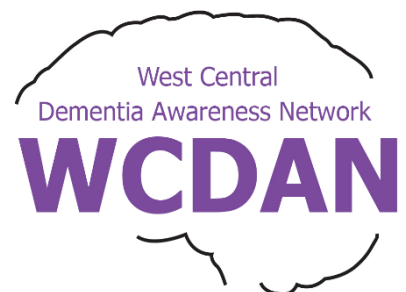
Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement to keep your brain and body healthy as you age.

Sponsored by the West Central Dementia Awareness Network

For more information, logon to the WCDAN website or contact Jody Loeth at 320-444-8027 or by email at jodyloeth@gmail.com. WCDAN educators are certified by the Alzheimer's Association and ACT on Alzheimer's to teach their curricula.



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