

# UPCOMING EDUCATION PROGRAMS

Education programs presented by the Alzheimer's Association



## **April 14, 2026 – Understanding Alzheimer's and Dementia:**

Join us to learn about: The impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors. We will also discuss current research and treatments available to address some symptoms, and explore the different Alzheimer's Association resources.

## **April 28, 2026 – 10 Warning Signs**

The program covers: Typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis, the diagnostic process and Alzheimer's Association resources. Please note: this presentation is appropriate for the person with mild memory loss but not for the person with moderate or advanced memory loss.

## **May 12, 2026 – Managing Money**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

## **May 26, 2026 – Building Brain- Healthy Habits**

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

**1:00 p.m.- 3:00 p.m.**

**Point Defiance-Ruston  
Senior Center  
4716 N. Baltimore Street  
Tacoma, WA 98407**

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**Call to Register  
800.272.3900**



**Register online: Use the QR Code and search for your desired Education Program under the Alzheimer's Association using zip code: 98407**

**Questions? [mirochabarella@alz.org](mailto:mirochabarella@alz.org)**

Visit [alz.org/CRF](http://alz.org/CRF) to explore additional education programs in your area.

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