

VIRTUAL BRAIN BUS



Program Details

10 Warning Signs of Alzheimer's

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Tuesday, May 5, 2020	10 a.m. EDT / 11 a.m. CDT	Register Now!
	7 p.m. EDT / 8 p.m. CDT	Register Now!
Thursday, May 7, 2020	1 p.m. EDT / 2 p.m. CDT	Register Now!
Tuesday, May 12, 2020	10 a.m. EDT / 11 a.m. CDT	Register Now!
Thursday, May 14, 2020	10 a.m. EDT / 11 a.m. CDT	Register Now!
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Tuesday, May 19, 2020	1 p.m. EDT / 2 p.m. CDT	Register Now!
Thursday, May 21, 2020	1 p.m. EDT / 2 p.m. CDT	Register Now!
Tuesday, May 26, 2020	10 a.m. EDT / 11 a.m. CDT	Register Now!
	1 p.m. EDT / 2 p.m. CDT	Register Now!
Thursday, May 28, 2020	1 p.m. EDT / 2 p.m. CDT	Register Now!

Conozca las 10 Señales de Advertencia

Si usted o algún conocido tiene pérdida de memoria o cambios de comportamiento, es hora de que conozca la verdad. Detectar la enfermedad de Alzheimer temprano le dará la oportunidad de empezar un tratamiento, participar en un estudio clínico y planear para el futuro. Este taller interactivo muestra videos de personas Latinas afectadas por la enfermedad de Alzheimer.

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Martes 12 de mayo de 2020	10 a.m. EDT / 11 a.m. CDT	¡Regístrate ahora!
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Dementia Conversations

When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues. Topics covered include: Going to the doctor, deciding when to stop driving, and making legal and financial plans.

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Program Details

Healthy Living for the Brain and Body

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to 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.

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Cuerpo y Cerebro Sano es Vida Sana

Durante siglos, hemos sabido que la salud del cerebro y la salud del cuerpo están conectadas. Pero ahora la ciencia puede brindar información sobre como tomar decisiones sobre el estilo de vida que pueden ayudar a mantener nuestra salud corporal y cerebral a medida que envejecemos. Únase a nosotros para conocer las investigaciones en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y participación social, y use herramientas prácticas que lo ayudarán a incorporar estas recomendaciones en un plan para el envejecimiento saludable.

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VIRTUAL BRAIN BUS



Program Details

Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

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Lo Básico

Lo Básico: La Pérdida De Memoria, La Demencia Y La Enfermedad de Alzheimer” es un taller presentado por la Alzheimer's Association para cualquier persona a quien le gustaría saber más sobre la enfermedad de Alzheimer y las demencias relacionadas.

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