

## Public Education for July & August 2024

*(please note: all offices closed on July 1<sup>st</sup> and August 5<sup>th</sup>, 2024)*

### Online Groups - Zoom (open for all areas)

Group	Who is this for?	Day	Dates	Time	To Register
<b>Getting Started</b>	This session is for anyone. It provides an overview of dementia and is for people who are at the beginning of a dementia journey; whether newly diagnosed or new to learning about dementia. It is also an opportunity to learn about the programs and services provided by the Alzheimer Society.	Tuesday	July 9 <sup>th</sup>	1:30pm-3:00pm	Click <a href="#">here</a>
<b>Dementia Education Series</b>	A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	Tuesday/ Thursday	July 9 <sup>th</sup> , 11 <sup>th</sup> , 16 <sup>th</sup> , 18 <sup>th</sup>	6:30pm-8:30pm	Click <a href="#">here</a>

For more information  
and to register:

**1-800-565-4614**

**[help@alzda.ca](mailto:help@alzda.ca)**

Vascular Dementia Information Session	This session will provide participants with an overview of vascular dementia.	Friday	July 19 <sup>th</sup>	11:00am-12:00pm	Click <a href="#">here</a>
Frontotemporal Dementia Information Session	This session will provide participants with an overview of frontotemporal dementia.	Friday	August 16 <sup>th</sup>	11:00am-12:00pm	Click <a href="#">here</a>
<b>Monthly Drop-In Webinars</b>					
<b>Focus on Communication</b>	<b>Topic:</b> Humor <b>Description:</b> Learn about the benefits of the use of humor in dementia care	Friday	July 12 <sup>th</sup>	11:00am-12:00pm	Click <a href="#">here</a>
	<b>Topic:</b> Difficult Conversations <b>Description:</b> Learn strategies to help navigate difficult conversations with persons living with dementia.		August 9 <sup>th</sup>	11:00am-12:00pm	
<b>Toolbox Talks</b>	<b>Topic:</b> Therapeutic Use of Nature <b>Description:</b> Learn why nature is important for persons living with dementia and how to use nature to connect.	Friday	July 26 <sup>th</sup>	11:00am-12:00pm	Click <a href="#">here</a>
	<b>Topic:</b> Nutrition and Hydration		August 23 <sup>rd</sup>	11:00am-12:00pm	

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	<b>Description:</b> Learn about the benefits of good nutrition and hydration for persons living with dementia.				
<b>Finding Your Way</b>	For care partners, friends and community member who are supporting persons living with dementia. Learn about topics such as wayfinding, safety in the community, safe living spaces, and strategies for risk reduction.	Monday	July 29 <sup>th</sup>	10:00am-11:00am	Click
				3:30pm-4:30pm	Click
			August 26 <sup>th</sup>	10:00am-11:00am	Click
				3:30pm-4:30pm	Click
please find links on our website: <a href="http://www.alzda.ca">www.alzda.ca</a> (scroll down to the program calendars tab)					

## In Person - Hamilton

Group	Description	Location	Dates	Time	To Register
<b>Dementia Education Series</b>	A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	Hamilton Office (550 Fennell Ave East)	July 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup> & 30 <sup>th</sup>	1:30pm-3:30pm	Call Katharine 1-800-565-4614 Ext. 211

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## In Person - Halton

Group	Description	Location	Date	Time	To Register
<b>Dementia Education Series</b>	A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	Burlington Office (4391 Harvester Road, Unit 8)	July 10 <sup>th</sup> , 17 <sup>th</sup> , 24 <sup>th</sup> & 31 <sup>st</sup>	1:30pm-3:30pm	Call Cait 1-800-565-4614 Ext. 314

## In Person – Haldimand Norfolk

Group	Description	Location	Date	Time	To Register
<b>Memory, Forgetfulness and Aging</b>	An opportunity to learn about memory changes in aging as well as risk factors for dementia and some tips for brain health.	Cayuga Public Library	August 6th	10:30am-11:30am	Call the Cayuga Public Library at 289-674-0400 ext. 1

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<p><b>Dementia Education Series</b></p>	<p>A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.</p>	<p>Port Dover: Lions Silver Lake Market (320 St. Patrick Street)</p>	<p>August 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup></p>	<p>1:30pm- 3:30pm</p>	<p>Call Madison 1-800-565-4614 Ext. 509</p>
<p><b>MIND Diet</b></p>	<p>An opportunity to learn about how to reduce the risk of dementia through nutrition. We will focus specifically on the MIND diet and how to incorporate these changes into your life.</p>	<p>Caledonia Public Library</p>	<p>August 20<sup>th</sup></p>	<p>1:30pm- 2:30pm</p>	<p>Call the Caledonia Public Library at 289-674-0400</p>
<p><b>Brain Fit: Healthy Brain Habits</b></p>	<p>Learn about the risk factors for dementia and some ways to reduce your risk. Take away some simple brain exercises that you can do at home!</p>	<p>Simcoe Public Library</p>	<p>August 21<sup>st</sup></p>	<p>1:30pm- 2:30pm</p>	<p>No Registration Required</p>

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