

Public Education for July & August 2024

(please note: all offices closed on July 1st and August 5th, 2024)

Online Groups - Zoom (open for all areas)

Group	Who is this for?	Day	Dates	Time	To Register
Getting Started	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 th	1:30pm-3:00pm	Click here
Dementia Education Series	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 th , 11 th , 16 th , 18 th	6:30pm-8:30pm	Click here

For more information
and to register:

1-800-565-4614

help@alzda.ca

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

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	Description: Learn about the benefits of good nutrition and hydration for persons living with dementia.				
Finding Your Way	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 th	10:00am-11:00am	Click
				3:30pm-4:30pm	Click
			August 26 th	10:00am-11:00am	Click
				3:30pm-4:30pm	Click
please find links on our website: www.alzda.ca (scroll down to the program calendars tab)					

In Person - Hamilton

Group	Description	Location	Dates	Time	To Register
Dementia Education Series	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 th , 16 th , 23 rd & 30 th	1:30pm-3:30pm	Call Katharine 1-800-565-4614 Ext. 211

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Brain Fit: Healthy Brain Habits	Join us to learn about the risk factors for dementia and some ways to reduce your risk. Take away some simple brain exercises you can do at home!	Sackville Hill Seniors Centre (780 Upper Wentworth St.)	August 12 th OR August 26 th	2:00pm- 3:30pm	Call Katharine 1-800-565-4614 Ext. 211
Dementia Overview	Join us for a general overview of dementia including the risk factors that are associated with dementia.	Sackville Hill Seniors Centre (780 Upper Wentworth St.)	August 19th	2:00pm- 3:30pm	Call Katharine 1- 800-565-4614 Ext. 211

In Person - Halton

Group	Description	Location	Date	Time	To Register
Dementia Education Series	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 th , 17 th , 24 th & 31 st	1:30pm- 3:30pm	Call Cait 1-800-565-4614 Ext. 314

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In Person – Haldimand Norfolk

Group	Description	Location	Date	Time	To Register
Memory, Forgetfulness and Aging	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 (19 Talbot St W.)	August 6th	10:30am-11:30am	Call the Cayuga Public Library at 289-674-0400 ext. 1
Dementia Education Series	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.	Port Dover: Lions Silver Lake Market (320 St. Patrick Street)	August 8 th , 15 th , 22 nd , 29 th	1:30pm-3:30pm	Call Madison 1-800-565-4614 Ext. 509
MIND Diet	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	Caledonia Public Library (100 Haddington St.)	August 20 th	1:30pm-2:30pm	Call the Caledonia Public Library at 289-674-0400

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	incorporate these changes into your life.				
Brain Fit: Healthy Brain Habits	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!	Simcoe Public Library (46 Colborne St. S)	August 21 st	1:30pm-2:30pm	No Registration Required

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and to register:

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