

ALZHEIMER'S EDUCATION WORKSHOPS



Are you interested in learning more about Alzheimer's disease?

The Pima County Health Department is offering four FREE workshops. Each session is an hour long and focuses on different aspects of Alzheimer's disease education and prevention.

To schedule a workshop, contact Rebecca O'Brien at 520-724-7897 or Rebecca.O'Brien@pima.gov



alzheimer's  association®
Desert Southwest Chapter

10 WARNING SIGNS OF ALZHEIMER'S

Understand the 10 signs of Alzheimer's disease and the importance of early detection.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

Know the difference between Alzheimer's and dementia, stages and risk factors, and treatments available for some symptoms.

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Learn how to make lifestyle choices that can help keep your brain and body healthy as you age.

EFFECTIVE COMMUNICATION STRATEGIES

Explore strategies to help you communicate with someone at each stage of Alzheimer's disease.