

Monthly Workshop

Location:

Graham County Health
Department Annex
Building—Upstairs

820 W. Main Street
Safford, AZ 85546

12:00 noon—1:00 p.m.

Bring your lunch and join
us for information and
education on Dementia/
Alzheimer's/Memory
Loss.

alzheimer's  association
Desert Southwest Chapter

1-800-272-3900

Tuesday, September 10, 2019; January 14, 2020

Understanding and Responding to Dementia-Related Behavior

Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease. Caregivers./Care partners welcome.

Tuesday, October 8, 2019; February 11, 2020

Understanding Alzheimer's Disease

Alzheimer's Disease is not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts.

Tuesday, November 12, 2019; March 10, 2020

Healthy Living for your Brain and Body: Tips from the Latest Research—Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and the use of hands-on tool to help you incorporate these recommendations into a plan for healthy aging.

Tuesday, August 13, 2019; December 10, 2019

Know the 10 Signs: Early Detection Matters

This interactive workshop helps participants to learn the 10 warning signs of Alzheimer's disease and the importance of early detection. We will separate myth from reality and address commonly-held fears about Alzheimer's.

Southern Arizona Region
1159 North Craycroft
Tucson, AZ 85712
520.322.6601
Alz.org/dsw

Graham County Health Dept.
Chronic Disease Program
820 W. Main St.
Safford AZ 85546
928.792.5368
lrogers@graham.az.gov

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