



Alzheimer's Association Presentations

Please join this limited seven part series to learn about Alzheimer's disease and other dementias presented by the Alzheimer's Association. This series is brought to you through a partnership with Fairfax County Neighborhood and Community Services, ServiceSource and The Alzheimer's Association.

Healthy Living for Your Brain and Body... tips from the latest research

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health, keep our brains well and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits that are associated with healthy aging. This program is designed for individuals of any age who are looking for information and hands on tools to help incorporate recommendations into a plan for healthy aging.

WHEN: Tuesday, October 27

TIME: 10:30 a.m. to 12 p.m.

LOCATION: Virtual Center for Active Adults - ZOOM platform

Meeting Direct Link: <http://bit.ly/VCAAalz>

Meeting ID: 975 3663 5240

Meeting Passcode: 0920

Dial in by phone: 301-715-8592

See reverse for additional presentation dates and topics.



Fairfax County is committed to nondiscrimination in all county programs, services and activities. To request reasonable accommodations or to receive this information in an alternate format, call 703-324-4600, TTY



Alzheimer's Association Additional Presentations:

Tuesday, November 10th at 10:30-11:30am - Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

This workshop will offer tips on how to have honest and caring conversations with family members about going to the doctor, deciding when to stop driving and making legal and financial plans. The workshop reinforces the need to plan ahead and build a care team that communicates well and connects families to resources to enhance quality of life for everyone involved.

Tuesday, November 24th at 10:30am - 12pm - Legal and Financial Planning...for Alzheimer's disease

The diagnosis of Alzheimer's disease makes planning for the future more important than ever. Concerns about care provision and programs that can help offset costs mean that families need accurate information about legal and financial planning specific to the disease. This workshop is a two-part interactive program where you can learn how to put plans in place, how to access legal and financial resources near you.

