

Family Caregiver Classes

at *St. John's Church*
8992 Kula Highway

Tuesday, January 17, 5:30 – 6:30 pm
MEMORY LOSS, DEMENTIA, & 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. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.



Tuesday, January 24, 5:30 – 6:30 pm
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: deciding when to stop driving, going to the doctor, and making legal and financial plans.

Tuesday, January 31, 5:30 – 6:30 pm
UNDERSTANDING AND RESPONDING TO DEMENTIA RELATED BEHAVIORS

To Tips on how to approach or reduce some of the more challenging care situation that arise. This workshop provides participants with a four-step model to address behavioral aspects of dementia

Tuesday, February 7, 5:30 – 6:30 pm
COMMUNICATION STRATEGIES

This workshop will offer tips to improve communication and strengthen connection with your loved one

Tuesday, February 14, 5:30 – 6:30 pm
HEALTHY AGING & BRAIN HEALTH: *Tips from the latest research*

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.



Offered at no cost | Space is limited

Contact Lynsey Capone-Smith to register: (808) 242-8636, ext. 8243 or lcapone@alz.org