

# Alzheimer's Educational Series

Awareness • Understanding • Healthy Living

Join a Community Educator from the Alzheimer's Association for a three-part series at the Western Sullivan Public Library.

## Educational Series

### Know the Signs

Wednesday, October 26th  
10am, Jeffersonville Branch

### Understanding Alzheimer's & Dementia

Thursday, November 17th  
2pm, Delaware Free Branch

### Healthy Living for your Brain & Body: Tips from Latest Research

Tuesday, December 6th  
11am, Tusten-Cochecton  
Branch

## Learn more about Alzheimer's:

### *Know the Signs:*

This program increases awareness of the benefits of early Alzheimer's detection and provides information about memory loss and normal aging. Learn about the risk factors, 10 warning signs, the diagnostic process and resources to help.

### *Understanding Alzheimer's & Dementia:*

Alzheimer's is not normal aging; it's a brain disease that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's & dementia, stages, risk factors, research, treatments available.

### *Healthy Living for your Brain & Body: Tips from Latest Research:*

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. This workshop focuses on four areas associated with healthy aging: Cognitive activity, exercise, diet/nutrition and social engagement.

This program is made possible through a partnership with the



Register on our calendar at [www.WSPLonline.org](http://www.WSPLonline.org)



**Delaware Free Branch**

45 Lower Main St., Callicoon

(845) 887-4040

**Jeffersonville Branch**

19 Center St., Jeffersonville

(845) 482-4350

**Tusten-Cochecton Branch**

198 Bridge St., Narrowsburg

(845) 252-3360



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