

## WHAT'S NEXT?

### Understanding Alzheimer's and Dementia

#### *Caregiver Educational Workshops*

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#### **Alzheimer's is not normal aging.**

It's a disease of the brain that causes problems with memory, thinking and behavior.

#### **Join us to learn about:**

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia
- Alzheimer's disease stages and risk factors
- Financial/Legal issues
- Caregiver stress
- Building a support network
- Community Resources

**3<sup>rd</sup> Monday of each month**

**1:00 pm - 3:00 pm**

#### **Location:**



**Southeastern Ohio Center for Independent Living  
418 South Broad Street, Lancaster, Ohio**

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**For more information or to register for the group please  
contact Sharon Waldo at (614) 755-4952**