Caring for people with dementia

To enhance the lives of all who are affected by Alzheimer's or another dementia

alzheimer's community education

To Register Call: 1.712.322.8840 ext. 8260

* All classes are FREE.
* Attend one, attend all.
* All classes suitable for family & professional caregivers.
* For more information about programs and services visit the Community Resource page at www.alz.org/greateriowa.

Know the 10 Signs

Monday, February 29, 5:30-6:30 pm

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future.

Healthy Habits for Your Brain and Body

Tuesday, April 12, Noon-1 pm

The Healthy Habits for a Healthier You program is designed to provide current research and practical information on ways to age well in four areas: Cognitive activity, Physical health and exercise, Diet and Nutrition and Social engagement. *Bring your own sack lunch

Public Health
Prevent. Promote. Protect.

MILLS COUNTY PUBLIC HEALTH

Location: Mills County Training Center
403 Railroad Avenue
Glenwood, IA 51534

Presented by:
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Program and Event Coordinator
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