

All Our Education Programs Are Provided At No Cost



Advancing the Science: The Latest in Alzheimer's and Dementia

Join the Alzheimer's Association to learn more about the science of dementia, the impact of Alzheimer's disease, and the latest in research, including new studies that highlight the importance of lifestyle in reducing the risk of developing dementia.



30 min program available

En Español

10 Warning Signs of Alzheimer's

This education program will help you recognize common signs of the disease in yourself and others and the next steps to take, including how to talk to your doctor.



30 min 60 min programs available

En Español

Healthy Living for Your Brain and Body: 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 optimize our physical and cognitive health as we 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.



30 min 60 min programs available

En Español

New Advances in Alzheimer's Treatment

This special program created by the Alzheimer's Association is designed for people considering options for future treatment. Learn more about new treatments available to treat Alzheimer's disease.



30 min program available

Understanding Alzheimer's and Dementia

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research, and FDA-approved treatments.



30 min 60 min programs available

En Español

Awareness Presentation

Awareness Presentation

This presentation provides information about Alzheimer's Association programs; connect community members to education and support; and increase community involvement in various Association initiatives including Alzheimer's & Brain Awareness Month, Walk to End Alzheimer's, and The Longest Day.

 
20 min 30 min
program
available

En Español

Empowering Care Partners & Caregivers

Dementia Conversations

If you know someone who is experiencing changes in memory, thinking, and behavior, this education program provides tips and strategies for difficult but important conversations about changes related to dementia.

 
30 min 60 min
programs
available

The Empowered Caregiver

This new education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia and take care of their own wellbeing. Each topic can be delivered individually and includes:

- Building foundations of caregiving
- Supporting independence
- Communicating effectively
- Responding to dementia-related behaviors
- Exploring care and support services

 
45 min 90 min
programs
available

Managing Money: A Caregiver's Guide to Finances

How much do you know about managing money? This free program will help you learn about the costs of caregiving and the benefits of early planning and teach you how to avoid financial abuse and fraud, start conversations about finances, assess financial and legal needs, and find support.

 
30 min 60 min
programs
available

