

Delaware Valley In-Person Education Programs



No one should face dementia alone.
Join us for our series of in-person education programming.

Registration is required. Click a registration link below or call **800.272.3900.**

To find programs available on-demand, visit alz.org/education.

PENNSYLVANIA

Thursday, January 26 — 1 to 2 p.m. — Healthy Living for Your Brain and Body

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and tools to incorporate these recommendations into a plan for healthy aging. Hosted by St. Bartholomew Roman Catholic Church.

5346 Jackson Street | Philadelphia, PA 19124

<https://action.alz.org/mtg/88803563>

Thursday, February 23 — 11 a.m. to 12 p.m. — Healthy Living for Your Brain and Body

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and tools to incorporate these recommendations into a plan for healthy aging. Hosted by Center on the Hill Presbyterian Church, Chestnut Hill

8855 Germantown Avenue | Philadelphia, PA 19118

<https://action.alz.org/mtg/89012212>

NEW JERSEY

Thursday, December 8 — 10 a.m. to 12 p.m. — 10 Warning Signs of Alzheimer's + Financial Planning

This program will help people recognize common signs of the disease. We'll explore typical age-related changes, explain the importance of early detection and the benefits of diagnosis, and identify helpful Alzheimer's Association resources. A review of money managing strategies will also be included.

Hosted by Deefield Elks Lodge #733.

642 Garton Road | Bridgeton, NJ 08302

<https://action.alz.org/mtg/88803219>

DELAWARE

Thursday, January 12 — 10 a.m. to 12:30 p.m. — Alzheimer's Caregiver Symposium

Join us to hear local experts discuss the impact of Alzheimer's and other dementias; strategies for aging in place; how to make meaningful connections and adapt activities; and challenges in caregiving (panel).

Goldry-Beacom College Events Center | 4701 Limestone Road | Wilmington, DE 19808

<https://action.alz.org/mtg/88413591>