



**Alzheimer's  
Resource  
of Alaska**



## Caregiving 101 Webinar: **Being a Friend: Staying Involved**

**Tuesday, February 16**

5:30 PM - 7:00 PM

**CLICK HERE TO REGISTER**

**For more information or  
registration assistance:**

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Friendships and connection are essential to the quality of our lives. A diagnosis of Alzheimer's or a related dementia doesn't change that. Yet one of these diagnoses will alter the patterns of these relationships. At times it's hard to know what to do or say. Prepare yourself by learning about the disease, as well as techniques for communicating and maintaining connection. Worried about a family member or friend? We'll discuss your options to find help. We all need friends – learn how to remain one!

*Free to attend! Registration required. Share with friends and family.*