



Alzheimer's
Resource
of Alaska



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

Wednesday, April 13

11:00 AM - 12:30 PM

[CLICK HERE TO REGISTER](#)

**For more information or
registration assistance:**

Joan Adams

✉ jadams@alzalaska.org

☎ [907-452-2277](tel:907-452-2277)

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 these diagnoses can alter the patterns of 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.