



**Alzheimer's
Resource
of Alaska**



Caregiving 101 Webinar:

What Is Good for the Brain

Wednesday, October 12

11:00 AM - 12:30 PM

[CLICK HERE TO REGISTER](#)

**For more information or
registration assistance please
call or email: Joan Adams**

✉ jadams@alzalaska.org

☎ [907-452-2277](tel:907-452-2277)

What are the health risk factors? What can we do to support a healthy aging brain?

Let's see what the professionals say about this.

Free to attend! Registration required.