



Alzheimer's  
Resource  
of Alaska



Caregiving 101 Webinar:

# Helpful Tips and Strategies for Managing Memory Loss

**Tuesday, September 19**

1:00 PM - 2:30 PM

[CLICK HERE TO REGISTER](#)

**For more info, or  
registration assistance:**

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Memory loss can interfere with a person's ability to manage their everyday tasks. Multitasking, personal care, following directions, and keeping track of times, dates and other information can be challenging. This presentation will offer creative ways to support a person living with early to moderate dementia and help them feel more successful during the day. You may decide to use these techniques in your everyday life as well!

*Free to attend! Registration required.*