



**Alzheimer's
Resource
of Alaska**



Caregiving 101 Webinar:

When Does Forgetting Become a Worry?

Friday, January 5

1:00 PM - 2:30 PM

[CLICK HERE TO REGISTER](#)

**For more information or
registration assistance:**

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Have you ever walked into a room and forgotten why? We encounter so many changes as we grow older – including changes with our memory. This class starts the discussion by distinguishing between what is “normal” aging and what is not. Learn about the different types of memory and, if there is a concern, how to facilitate conversations with your doctor and your family.

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