

Alzheimer's Resource Alaska

Normal Aging or Dementia?

Tuesday, September 15th
7:00PM-8:00PM

Chester Park Activity Room
2020 Muldoon Rd, Anchorage, AK 99504

Join us for an **evening discussion exploring the difference between normal aging and signs of dementia.** We'll talk about common physical, cognitive, and emotional changes that can occur with age, early warning signs to be aware of, and when it may be time to seek additional support or evaluation.

This conversation is open to caregivers, families, and community members who want to better understand aging, brain health, and dementia in a welcoming and approachable setting. Participants will learn:

- How to recognize the difference between typical age related changes and potential signs of dementia.
- When changes in memory, thinking, or behavior may warrant additional support, screening, or evaluation.

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This event is free to attend. Contact Debbie Chulick for more information at DChulick@alzalaska.org or call 907-561-3313.