Classes and events are being offered via Zoom statewide. All classes require registration.

"Normal" Aging vs "Not-Normal" Aging  
Mon, 7/12, 1p-2:30pm  
REGISTER HERE

End of Life Decisions  
Fri, 8/20, 1-2:30pm  
REGISTER HERE

Memory Café  
Thursdays 1-2 pm, 7/8, 8/12, 9/9  
Register with: Ann Farris at 907-561-3313 or afarris@alzalaska.org

Downsizing & Decluttering  
Tues, 7/20, 5:30pm-7p  
REGISTER HERE

Intimacy, Sexuality, & Dementia  
Sat, 9/11, 1-2:30p  
REGISTER HERE

Art Links  
Thursdays 1-1:45pm  
7/1, 7/15, 8/5, 8/19, 9/2, 9/16  
Register with: Janice Downing at 907-746-3413 or jdowning@alzalaska.org

Honoring Connection: How to Improve Communication  
Fri, 7/23, 1pm-2:30pm  
REGISTER HERE

Frontotemporal Disorders  
Tues, 9/14, 1-2:30pm  
REGISTER HERE

Mind Matters | Brain Works  
Support for people recently diagnosed with Alzheimer’s or related dementias, people living with moderate memory loss, and their care partners.  
Screening & Pre-registration required  
Register with: Amy Becia 907-561-3313 or abecia@alzalaska.org

Helpful Tips & Strategies for Managing Memory Loss  
Tues, 8/10, 1-2:30p  
REGISTER HERE

Making Visits Positive  
Fri, 9/17, 1-2:30p  
REGISTER HERE

Savvy Caregiver  
Tuesdays 1-3 pm  
6/22-7/27  
Screening & Pre-registration required  
Register with: Janice Downing at 907-864-3408 or jdowning@alzalaska.org

Communication Tips: Beyond the Basics  
Sat, 8/14, 1-2:30p  
REGISTER HERE

What About The Kids? Dementia Through the Eyes of a Child  
Tues, 9/21, 5:30-7pm  
REGISTER HERE

Mind Aerobics  
For Alaskans worried about memory loss.  
12-week session, meeting twice a week for 1 hour.  
Full-brain workout designed to help people who have concerns about their memory and want to keep their mind sharp.  
Screening, Pre-registration & Fee required (Scholarships available)  
Register with: Ken Helander 907-561-3313 or khelander@alzalaska.org

Professional Caregiver Webinars  
The Power of Music  
Tuesday, 7/20, 12 pm - 1:00pm  
REGISTER HERE

Engaging People Living with Dementia  
Tuesday, 8/24, 12 pm - 1:00pm  
REGISTER HERE

Engaging People Living with Dementia: The Environment  
Tuesday, 9/21, 12 pm - 1:00pm  
REGISTER HERE

Contact: Amber Smith: 907-586-6044 or asmith@alzalaska.org

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For more information or registration assistance call: 907-561-3313