**Classes & Events around the State**

Classes and events are being offered online via Zoom and are available to attend statewide. All classes listed below require registration.

### CAREGIVING 101

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

**Being a Friend:**
- **Staying Involved**
  - Saturday, 7/11, 1pm - 2:30pm
  - REGISTER HERE
  - * OR *
  - Wednesday, 7/15, 10:30am - 12pm
  - REGISTER HERE

**Sleep & Dementia**
- Promoting a Good Nights Sleep
  - Monday, 7/13, 1pm - 2:30pm
  - REGISTER HERE

**Alaska Legal Services Presentation**
- Monday, 7/20, 1pm - 2:30pm
  - REGISTER HERE

**When Does Forgetting Become a Disease**
- Tuesday, 7/21, 5:30 pm - 7pm
  - REGISTER HERE

**The Power of Music**
- Monday, 7/27, 1pm - 2:30pm
  - REGISTER HERE

**Behaviors That Challenge**
- Monday, 8/3, 1-2:30pm
  - REGISTER HERE

**Driving & Dementia**
- Saturday, 8/8, 1-2:30pm
  - REGISTER HERE
  - * OR *
  - Wednesday, 8/12, 10:30am - 12:00 pm
  - REGISTER HERE

**The Gems: Using Skills that Make a Difference**
- Monday, 8/10, 1p-2:30pm
  - REGISTER HERE

**Home and Community Safety**
- Monday, 8/17, 1p-2:30pm
  - REGISTER HERE

**Fall Prevention**
- Tuesday, 8/18, 5:30pm - 7pm
  - REGISTER HERE

**Wandering and Dementia**
- Monday, 8/24, 1-2:30pm
  - REGISTER HERE

**Vascular Dementia**
- Monday, 8/25, 1-2:30pm
  - REGISTER HERE

**Assisted Living If, When, and How**
- Friday, 8/28, 1-2:30pm
  - REGISTER HERE

**Healthy Body, Healthy Brain**
- Wednesday, 9/9, 10:30am - 12:00 pm
  - 9/9 CANCELLED
  - * OR *
  - Saturday, September 12, 1pm - 2:30 pm
  - REGISTER HERE

**Lifestory Reminiscing**
- Monday, 9/14, 1-2:30pm
  - REGISTER HERE

**Dining & Dementia**
- Tuesday, 9/15, 5:30pm - 7pm
  - REGISTER HERE

**Medicaid Waiver**
- Monday, 9/21, 1-2:30pm
  - REGISTER HERE

**Overview of Dementia**
- Friday, 9/25, 1-2:30pm
  - REGISTER HERE

**Care for The Caregiver**
- Monday, 9/28, 1-2:30pm
  - REGISTER HERE

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**Professional Webinars**

Questions or registration assistance, contact:
Amber Smith: 586-6044 or asmith@alzalaska.org

**Engaging People Living with Dementia**
- Tuesday, 7/14, 12 pm - 1:00pm
  - REGISTER HERE

**Engaging People Living with Dementia: The Environment**
- Tuesday, 8/18, 12 pm - 1:00pm
  - REGISTER HERE

**Engaging People Living with Dementia: Redirection**
- Tuesday, 9/15, 12 pm - 1:00pm
  - REGISTER HERE

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**Memory Café**

To register contact: Ann Farris at 907-561-3313 or email: afarris@alzalaska.org
- Thursday, 7/9, 1-2pm
- Thursday, 8/13, 1-2pm
- Thursday, 9/10, 1-2pm

**Art Links**

To register contact: Janice Downing at 746-3413 or email: jdowning@alzalaska.org
- Thursday, 7/2, 1-1:45pm
- Thursday, 7/16, 1-1:45pm
- Thursday, 8/6, 1-1:45pm
- Thursday, 8/20, 1-1:45pm
- Thursday, 9/3, 1-1:45pm
- Thursday, 9/17, 1-1:45pm

**Brain Games**

To register contact: Debbie Chulick at 907-561-3313 or email: dchulick@alzalaska.org
- Thursday, 7/23, 1-2pm
- Thursday, 8/27, 1-2pm
- Thursday, 9/24, 1-2pm

**Brain Games (Brain Works)**

To register contact: Gay Wellman at 907-561-3313 or email: gwellman@alzalaska.org
- Saturdays, 9/12-10/17
  - 10am-12:00pm

**Voices of the Last Frontier**

Chorus program to support people with dementia and their care-partners
To register contact: Ann Farris at 907-561-3313 or email: afarris@alzalaska.org
- Thursday, 7/23, 1-2pm
- Thursday, 8/13, 1-2pm
- Thursday, 9/13, 1-2pm

**Mind Matters | Brain Works**

Support for those who have been recently diagnosed with Alzheimer’s or related dementia, or those living with moderate memory loss, and their care partner.

To register contact: Ann Farris at 907-561-3313 or email: afarris@alzalaska.org

**Savvy Caregiver**

Screening & Pre-registration required
To register contact: Gay Wellman at 907-822-5620 or email: gwellman@alzalaska.org

**Statewide Support Groups**

Click here for the latest information

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