

# Free Virtual Education Sessions

Register for free today. Zoom videoconferencing link will be provided upon registration.

WEDNESDAY, JANUARY 6

## Strategies for Self-Care

10:00 - 11:30 am

WEDNESDAY, JANUARY 13

## Communicating with Confidence

10:00 - 11:30 am

THURSDAY, JANUARY 14

## Dementia and Risk Reduction

10:00 - 11:30 am

WEDNESDAY, JANUARY 20

## Caregiver Strategies

10:00 - 11:30 am

WEDNESDAY, JANUARY 27

## Talking About Dementia: Facts and Lived Experience

6:30 - 8:00 pm

THURSDAY, JANUARY 28

## Women and Dementia

6:00 - 7:30 pm

WEDNESDAY, FEBRUARY 10

## Caregiver Strategies

10:00 - 11:30 am

THURSDAY, FEBRUARY 11

## Depression and Dementia

6:00 - 7:30 pm

THURSDAY, FEBRUARY 25

## Understanding Alzheimer's Disease

10:00 - 11:30 am

WEDNESDAY, MARCH 3

## Engaging Activities

10:00 - 11:30 am

THURSDAY, MARCH 11

## Behaviour Changes in Dementia and Strategies

6:00 - 7:30 pm

WEDNESDAY, MARCH 17

## Caregiver Strategies

10:00 - 11:30 am

THURSDAY, MARCH 25

## Understanding Vascular Dementia

6:00 - 7:30 pm

WEDNESDAY, MARCH 31

## Just Diagnosed

6:00 - 7:30 pm

WEDNESDAY, APRIL 7

## Communicating with Confidence

10:00 - 11:30 am

THURSDAY, APRIL 8

## Understanding Young-Onset Dementia

10:00 - 11:30 am

WEDNESDAY, APRIL 21

## Caregiver Strategies

10:00 - 11:30 am

THURSDAY, APRIL 22

## Understanding Mild Cognitive Impairment

10:00 - 11:30 am

WEDNESDAY, APRIL 28

## Just Diagnosed

6:00 - 7:30 pm

Register now at  
[alzheimercalgary.ca](http://alzheimercalgary.ca)

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