

# SUTTER HEALTHY BRAIN INITIATIVE EDUCATION CLASSES

Presented by the Alzheimer's Association®



## IN-PERSON CLASSES

Register online at [bit.ly/SutterHBI](http://bit.ly/SutterHBI) or call 800.272.3900.

### 10 Warning Signs of Alzheimer's – Yuba City

Monday, April 14 | 11 a.m.-Noon  
Sutter County Public Health – Auditorium  
1445 Veterans Memorial Cir | Yuba City

### Understanding Alzheimer's and Dementia – Live Oak

Monday, May 5 | 1-2 p.m.  
Live Oak Community Building  
10200 "O" Street | Live Oak

### Dementia Conversations – Yuba City

Monday, June 2 | Noon-1 p.m.  
Sutter County Public Health – Auditorium  
1445 Veterans Memorial Cir | Yuba City

### Healthy Living for Your Brain and Body – Yuba City

Thursday, June 5 | 11a.m.-Noon  
Sutter County Public Health – Auditorium  
1445 Veterans Memorial Cir | Yuba City

## Presented in Partnership



## ONLINE CLASSES

To register, call 800.272.3900 or use the corresponding URL below.

### Communicating Effectively

Thursday, April 17 | 3-4 p.m.  
**Register at [bit.ly/0417COM](http://bit.ly/0417COM)**

### Supporting Independence

Monday, April 21 | 10-11 a.m..  
**Register at [bit.ly/0328IND](http://bit.ly/0328IND)**

### Responding to Dementia-Related Behaviors

Tuesday, April 29 | 11 a.m.-Noon  
**Register at [bit.ly/0429BEH](http://bit.ly/0429BEH)**

### Managing Money: A Caregiver's Guide to Finances

Monday, May 12 | Noon-1 p.m.  
**Register at [bit.ly/0512MMO](http://bit.ly/0512MMO)**

### Building Foundations of Caregiving

Monday, May 19 | 2-3 p.m.  
**Register at [bit.ly/0312FOC](http://bit.ly/0312FOC)**

### Exploring Care and Support Services

Wednesday, May 28 | 1-2 p.m.  
**Register at [bit.ly/0528SER](http://bit.ly/0528SER)**

# SUTTER HEALTHY BRAIN INITIATIVE EDUCATION CLASSES

Presented by the Alzheimer's Association®

The Alzheimer's Association® offers a range of awareness and caregiver skill-building classes. The classes aim to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

## **HEALTHY LIVING FOR YOUR BRAIN AND BODY**

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands on tools to help you incorporate these recommendations into a plan for healthy aging.

## **10 WARNING SIGNS OF ALZHEIMER'S**

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

## **UNDERSTANDING ALZHEIMER'S AND DEMENTIA**

Learn basic information on the difference between Alzheimer's and dementia, stages, risk factors, research and FDA-approved treatments.

## **DEMENTIA CONVERSATIONS**

If you know someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult — but important — conversations about changes that may be related to dementia.

## **MANAGING MONEY: A CAREGIVER'S GUIDE TO FINANCES**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

*The Empowered Caregiver classes teach caregivers how to navigate the responsibilities of caring for someone living with dementia.*

## **BUILDING FOUNDATIONS OF CAREGIVING**

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

## **SUPPORTING INDEPENDENCE**

Focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

## **COMMUNICATING EFFECTIVELY**

Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

## **RESPONDING TO DEMENTIA-RELATED BEHAVIORS**

Details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

## **EXPLORING CARE AND SUPPORT SERVICES**

Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

## **SUTTER HBI FUNDING STATEMENT**

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**TO REGISTER OR LEARN MORE,  
PLEASE CALL 800.272.3900**