



If you or a loved one has been diagnosed with Alzheimer's disease or dementia, you are not alone...

A diagnosis of Alzheimer's disease is life changing. That's why the Alzheimer's Association of Greater Wisconsin and Prevea Health put together a team of experts who understand what you are going through.

Memory Care University is a series of classes designed to help you learn about your, or your loved one's, diagnosis and what you can do to plan for the changes ahead. By attending Memory Care University you will gain the knowledge and skills to cope with each stage of the disease. You will also learn how to reduce stress and take care of yourself. Classes are interactive and there is plenty of opportunity to ask individual questions.



The Basics

A memory loss, dementia and Alzheimer's disease workshop, this class is for anyone who would like to know more about the disease.

The Impact of Dementia on Intimacy and Relationships

A workshop designed to assist family caregivers to understand how dementia can affect expressions of intimacy and sexuality and learn how to respond creatively and sensitively.

Caregiver Stress

Caregivers will gain a better understanding of the disease and the changes that may take place, and how these changes may affect their caregiving journey. Learn what stress is, how to identify stress and initiate an action plan to lessen caregiving stress.

Healthy Living for Your Brain and Body

Tips from the latest research

Learn about research related to diet, exercise, cognitive activity and social engagement and learn how to incorporate these recommendations into a plan for healthy aging.

Prevea Shawano Avenue Health Center

1727 Shawano Ave. • 4th Floor, Green Bay, WI 54303 (920) 496-4700

Thursday, Sept. 8	4 to 5:30 p.m.	Basics
Thursday, Oct. 13	4 to 5:30 p.m.	The Impact of Dementia on Intimacy and Relationships
Thursday, Nov. 10	4 to 5:30 p.m.	Caregiver Stress
Thursday, Dec. 8	3 to 4:30 p.m.	Healthy Living for Your Brain and Body

Prevea East De Pere Health Center

3860 Monroe Road • 1st Floor, De Pere, WI 54115 (920) 496-4700

Thursday, Sept. 22	3 to 4:30 p.m.	Basics
Thursday, Oct. 27	3 to 4:30 p.m.	The Impact of Dementia on Intimacy and Relationships
Thursday, Dec. 22	3 to 4:30 p.m.	Caregiver Stress

- Each session is **free** of charge.
- Participants are encouraged to bring along one caregiver or significant other.
- Take home educational materials and tools to help you and your loved one live healthy lives.

Call (920) 469-2110 to sign up. Space is limited.

