

The best thing that you can do for someone you love or care for is to care for yourself.

Join AARP and the Alzheimer's Association for this series of free unique, interactive virtual events.

ALZHEIMER'S HEALTHY LIVING SERIES

HEALTHY LIVING WEBINARS

SESSION 1 | MAY 18

10-11 a.m.

10 Warning Signs of Alzheimer's and Brain Health

SESSION 2 | JUNE 1

10-11 a.m.

Healthy Living for Your Brain and Body

SESSION 3 | JULY 6

10-11 a.m.

Sandwiched: Caregiving from the Middle

Please register by clicking [here](#) or call 800.272.3900. Login information will be sent to you following registration.

HEALTHY LIVING STAGE PLAYS

by Garrett Davis

Links to join the stage plays will be sent out after the webinar sessions are completed.



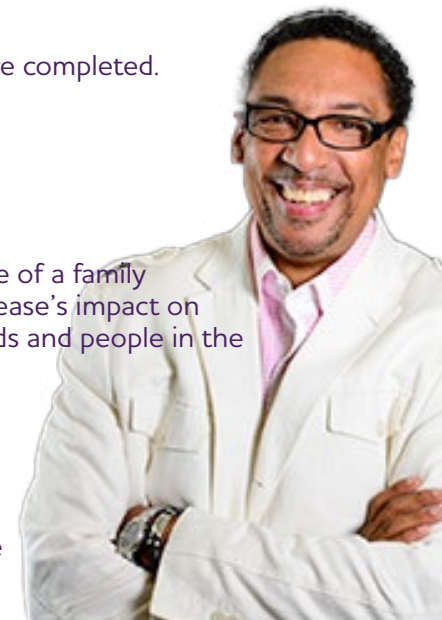
Forget Me Not
Part 1: May 18, 7p.m.
Part 2: June 1, 7p.m.

Forget Me Not takes the audience into the life of a family facing Alzheimer's disease and shows the disease's impact on relationships between family members, friends and people in the community.



The Return of Mama's Girls
July 6 | 7p.m.

The Girls are back with the reality of taking care of a loved one with dementia during the COVID-19 pandemic.



These education programs are given in partnership with:

