

# UPCOMING EVENTS

## ALZHEIMER'S ALLIANCE OF SMITH COUNTY

All events are FREE and take place at 201 Winchester located behind the Alzheimer's Alliance of Smith County office.

### DEMENTIA 101

Understanding and recognizing dementias. Registration required - call (903) 509-8323 to reserve a spot. Light snacks will be provided.

- ◆ Monday, January 29<sup>th</sup> | 6:30-8:00pm
- ◆ Monday, October 29<sup>th</sup> | 6:30-8:00pm

### LAW SCHOOL LUNCH

Presented by Ross & Shoalmire. Registration required - call (903) 561-5653 to reserve your spot. Lunch will be provided.

- ◆ Friday, February 23<sup>rd</sup> | 11:30am-1:00pm
- ◆ Friday, September 28<sup>th</sup> | 11:30am-1:00pm

### VIRTUAL DEMENTIA TOUR

Virtual Dementia Tour is a hands-on, experiential program created for families, organization and companies seeking to better understand the physical and mental challenges of those with dementia. Registration required - call (903) 509-8323 or email [tanya@alzalliance.org](mailto:tanya@alzalliance.org) to reserve your spot. The total experience takes approximately 30 minutes.

- ◆ Friday, March 23<sup>rd</sup> | 9:00-11:00am & 2:00-4:00pm
- ◆ Friday, June 23<sup>rd</sup> | 9:00-11:00am & 2:00-4:00pm
- ◆ Friday, August 31<sup>st</sup> | 9:00-4:00pm
- ◆ Friday, November 30<sup>th</sup> | 9:00am-4:00pm

### MEETING OF THE MINDS CONFERENCE

Registration required - contact Jamie Huff (903) 509-8323 for more information

- ◆ Friday, April 27<sup>th</sup> | 9:00am-5:00pm

### THE DIFFICULT DRIVING CONVERSATION

We Need to Talk presented by TxDot. Registration required - call (903) 509-8323. Lunch will be provided.

- ◆ Friday, May 25<sup>th</sup> | 11:30am-1:00pm

### BRAIN HEALTH WORKSHOP

5 Pillars of Brain Health: physical activity, nutrition, spirituality, specialization & mental stimulation. Registration required - call (903) 509-8323

- ◆ Friday, June 29<sup>th</sup> | 11:30am-1:00pm

### CAREGIVER WORKSHOP

Registration required - call (903) 509-8323. Lunch will be provided.

- ◆ Friday, July 27<sup>th</sup> | 11:30am-1:00pm