



All events are provided at no cost. For more information, please contact Northwoods Caregivers at 218-333-8264, or email info@northwoodscaregivers.org.

Monday, September 17

6:00-7:30 PM: Lessons Learned: From One Caregiver to Another

Are you caring for someone with dementia? If so, you may be feeling alone and isolated in this experience. We invite you to join a conversation with other caregivers who share this same journey. Learn what has helped, what hasn't, how they stay connected. This is a lively discussion with a panel of other caregivers sharing the journey.

Adult Day Services, 620 Carr Lk Rd SE, Bemidji

Wednesday, September 19

5:00-7:00 PM: The Basics, Dementia & Special Considerations

In this Alzheimer's Association workshop you will learn about Alzheimer's disease and dementia, how to recognize it, and what to do next! You will also learn about important cultural considerations in LGBT and American Indian communities.

Bemidji Public Library, 509 America Ave. NW

NEW Every Friday! **beginning September 21**

1:30-2:30 PM: Virtual Dementia Tours

Individuals living with dementia are best supported by the whole community. Get the "inside view" to learn ways you can help.

Call 218-407-7266 to register!

Neilson Place, 1000 Anne St. NW, Bemidji

Friday, September 21

1:00-2:00 PM: Healthy Living for your Brain and Body

We now understand the importance of caring for your brain as much as your body for healthy aging. Learn simple ways you can stay healthy while taking care of both.

Senior Activity Center, 216 Third St. NW, Bemidji

6:00-7:00 PM: Understanding Alzheimers' and Dementia

Dementia is a disease of the brain, not a sign of aging. In this Alzheimer's Association workshop you will gain better understanding of Alzheimer's and dementia, and resources available for anyone living with a diagnosis.

Adult Day Services, 620 Carr Lk Rd SE, Bemidji

Saturday, September 22



**9AM Registration, 10AM Walk
Sanford Center**

For more information:

alz.org/walk, or 800.272.3900

Monday, September 24

9:00-1:00 PM: Volunteer Community Educator Training

Make a difference in your community! Learn to lead Alzheimer's Association workshops and what to do if you have concerns.

Call 218-333-8264 to register!

