



DISCOVER BRAIN HEALTH WEBINAR SERIES

Join University of Illinois Extension Family Life Educators for a series about memory change and aging, including tips and strategies to lessen everyday forgetfulness.

May 7 - Hold That Thought

This workshop will look at the memory process and what researchers say contributes to brain health, as well as strategies for helping with everyday forgetfulness.

May 14: Fit Wits

Fit Wits focuses on learning about how the brain works and lifestyle factors that may increase the chance of cognitive decline.

May 21: Head Strong

By attending the Head Strong program, you can learn more about what you can do to keep your brain healthy and engaged.

May 28: Two Heads are Better than One

Maintaining social connections is one of several things you can do to contribute to your own brain health. Come and learn a bit about the aging brain and what you can do to keep your brain engaged.

June 4: Understanding Alzheimer's Disease

This program will help participants learn more about Alzheimer's disease and areas affected by the disease process.

June 11: Communication Challenges and Strategies for People With Dementia

Come and learn about common communication problems caused by Alzheimer's disease and other dementias and strategies for better interactions and visits.

**THURSDAYS
2 PM - 3 PM CDT**

**From Your Home
No Cost to Participate!**

Free CPDU's for teachers
CEU's for additional fee

**Register online 2 days
prior to webinar at:**

[go.illinois.edu/
discoverbrainhealth](http://go.illinois.edu/discoverbrainhealth)

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& ENVIRONMENTAL SCIENCES**

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University of Illinois Extension provides equal opportunities in programs and employment.
If you need a reasonable accommodation to attend, contact the registration email.