



## Understanding Alzheimer's and Dementia

Thurs., Nov. 8, from 1:30-3 p.m.

Alzheimer's and dementia are NOT normal aging. Alzheimer's is a disease that causes problems with memory, thinking and behavior. Learn about the impact of Alzheimer's, difference between Alzheimer's and dementia, stages and risk factors of dementia, current research and treatments, and resources for caregivers.

This 90-minute workshop is for anyone who knows someone with memory problems or dementia. We will meet in Conference Room 1 at GHS Oconee Memorial Hospital (298 Memorial Drive, Seneca). Enter through the front entrance of the hospital that faces Highway 123. RSVP requested (but not required) to [elehmacher@ghs.org](mailto:elehmacher@ghs.org).

NOTE: A parallel group for people with early or moderate dementia will occur at the same time in Conference Room 3. Those with dementia will enjoy conversation, games and other brain-stimulating activities in a failure-free setting. *Reservations are required to hold a spot for your loved one. If you prefer a caregiver come to your home, call 1-800-272-3900 at least two weeks in advance to arrange for a free sitter.*

Other education programs are offered for training caregivers of people with dementia. For more information, call Eunice Lehmacher at **(864) 885-7857**.



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