

# COMMUNITY EDUCATION PROGRAMS

## FREE | ONLINE | REGISTRATION REQUIRED



### Boost Your Brain Health

Learn about how your brain works and get the latest tips on improving brain health. This program features brain basics as well as scientifically rooted nutritional and lifestyle advice.

**Tuesday, June 8th**

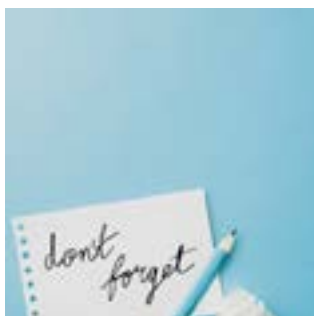
**Two Times Available:**

10am-11:30am with Teena Monk-Gerber

1pm - 2:30pm with Janet Wiegel

**Register Here:**

**10am:** <https://tinyurl.com/2pxsdvm8> **1pm:** <https://tinyurl.com/3av5ybkc>



### We All Forget: What is Normal Aging & When Should I be Concerned?

Come learn what is normal for our brains as we age, how our memories work, and what we can do if we are concerned for ourselves or others.

**Tuesday, June 22nd**

**Two Times Available:**

10am-11:30am with Teena Monk-Gerber

1pm - 2:30pm with Janet Wiegel

**Register Here:**

**10am:** <https://tinyurl.com/3zdvvu5t> **1pm:** <https://tinyurl.com/hhsmxk23>

The goal of these programs is to help educate our communities about Alzheimer's disease or other irreversible dementia, and brain health.

Programs are funded by individuals and community sponsors.

**Your Partner On the Journey.**



888.308.6251 [alzwisc.org](http://alzwisc.org)

Teena Monk-Gerber, CSW, MSE  
Dementia Outreach Specialist  
(608) 843-3544  
[teena.monk-gerber@alzwisc.org](mailto:teena.monk-gerber@alzwisc.org)

Janet Wiegel, PAC, CDS  
Dementia Outreach Specialist  
(608) 697-2838  
[janet.wiegel@alzwisc.org](mailto:janet.wiegel@alzwisc.org)