

#HOCOAGING AND
THE ALZHEIMER'S ASSOCIATION PRESENT

ALZHEIMER'S EDUCATION SERIES

ENGLISH
LANGUAGE

A THREE-SESSION EDUCATION SERIES

Whether you're a caregiver or just looking to learn more about brain health, join us for this important series. Light refreshments will be served at each event.

OCTOBER 16

**HEALTHY LIVING FOR
BRAIN AND BODY**

Ellicott City 50+
Fitness Center
3:30-5:30 P.M.

OCTOBER 23

**10 WARNING SIGNS
OF ALZHEIMER'S**

Ellicott City 50+
Fitness Center
3:30-5:30 P.M.

OCTOBER 30

**UNDERSTANDING
ALZHEIMER'S AND
DEMENTIA**

Ellicott City 50+
Fitness Center
3:30-5:30 P.M.

FOR INFORMATION &
REGISTRATION:



bit.ly/OAI-ALZedseries

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If you need this document in an alternative format, contact Maryland Access Point of Howard County (MAP) at 410-313-1234 (VOICE/RELAY) or map@howardcountymd.gov. If you need accommodations to participate, contact MAP at least one week in advance.

