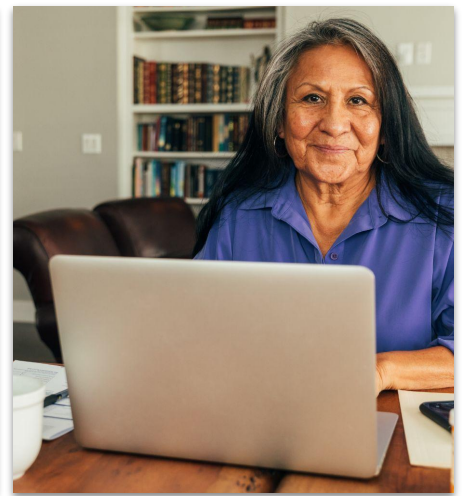




## FREE, virtual caregiver training program



**Join us for a series of learning sessions**  
**February 24-27 & March 3-6, 2025 9:00 a.m.CST**  
**(Sessions are 30 min to 1 hour)**

The caregiver will learn about:

- Understanding dementia and diagnosis
- Caregiving for a person living with dementia
- Care options
- Understanding dementia-related behaviors and communication changes (2 parts)
- Personal care and meaningful activities
- Caregiver self-care

**REGISTRATION REQUIRED, contact Julie at [japraskamoser@alz.org](mailto:japraskamoser@alz.org) or 701.775.8544**

**Maximum of 8 registrants per series. Register today to secure your space!**