

# VIRTUAL CAREGIVER COLLEGE

Online education series presented  
by the Alzheimer's Association



## LIVE!

Join us on  
Tuesdays

Programs  
available in  
Spanish and  
English.

## When it comes to dementia caregiving, knowledge is power.

Join us for a series of interactive, no-cost educational classes to help you build your caregiver tool kit. Come to one or come to all.

### **Effective Communication Strategies: Holiday Edition**

December 1 | 10 a.m. ET/9 a.m. CT

Join us to explore how effective communication during the holidays can lower caregiver stress and create an enjoyable holiday season for the person living with dementia as well as family and friends. The program will include real-life scenarios plus tips for smoother holiday planning and meaningful communication.

### **Virtual Brain Bus - Healthy Living for the Brain and Body: Holiday Edition**

December 8 | 10 a.m. ET/9 a.m. CT

Science now shows that lifestyle choices may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement. Plus, find out how to develop and keep healthy habits during the Holidays!

**Hosted by: Fruitland Park Library**

To register for this live education program, click [here](#).

For questions, please call the 24/7 Helpline at:  
**800.272.3900**



Caregiver College is funded in part by Senior Connection Center, Inc., Pinellas County Human Services, and Sarasota County Government .  
Virtual Brain Bus is funded in partnership with the State of Florida,  
Department of Elder Affairs and Area Agency on Aging of Pasco-Pinellas, Inc.

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