



**JUNE IS
ALZHEIMER'S &
BRAIN AWARENESS
MONTH**

**GO PURPLE
SHARE YOUR STORY
TAKE ACTION**
Visit alz.org/abam

WAYS TO LOVE YOUR BRAIN

Start now. It's never too late or too early to incorporate healthy habits.

Research is still evolving, but evidence is strong that people can reduce their risk of cognitive decline by making key lifestyle changes, including participating in regular physical activity, staying socially engaged, and maintaining good heart health.

Learn more at www.alz.org/help-support/brain_health.

10 WAYS TO LOVE YOUR BRAIN

- HIT THE BOOKS
- BUTT OUT
- TAKE CARE OF YOUR HEART
- BREAK A SWEAT
- STUMP YOURSELF
- FUEL UP RIGHT
- BUDDY UP
- CATCH SOME ZZZ'S
- PROTECT YOUR HEAD
- TAKE CARE OF YOUR MENTAL HEALTH



Subscribe to receive the next free issue of ALZ magazine at alz.org/magazine



How to notice memory loss What is early detection? When to see the doctor

Join the conversation

10 WARNING SIGNS OF ALZHEIMER'S DISEASE

TELE TOWN HALL WED., JUNE 9TH @ 10 AM



Sign up at www.m4a.app



Sign up at www.m4a.app! Learn more about this program and/or about the warning signs of Alzheimer's by emailing montana@alz.org.

THE LONGEST DAY
alzheimer's association®
**FIGHT ALZHEIMER'S
ON THE LONGEST DAY.®**
Select your activity at alz.org/thelongestday.

CREATE A TEAM FOR THE LONGEST DAY

The Longest Day is the day with the most light — the summer solstice. On June 20, thousands of participants from across the world come together to fight the darkness of Alzheimer's through an activity of their choice.

Together, they use their creativity and passion to raise funds and awareness for the care, support and research efforts of the Alzheimer's Association.

Go to alz.org/tld to learn more and join the fight.



VIRTUAL EDUCATION CALENDAR

June 2021

Free programs
Via webinar & phone



Please register to receive access information.

Register via links below or call our 24/7 Helpline at 800.272.3900.

CLASS TOPIC	TIME	QUICK LINK
10 Warning Signs of Alzheimer's	Tuesday, June 1 6:00 pm —7:00 pm	http://bit.ly/10SIGN_jun_1
Understanding Alzheimer's and Dementia	Thursday, June 3 6:00 pm—7:00 pm	http://bit.ly/UAD_Jun_3
Understanding and Responding to Dementia-Related Behavior	Tuesday, June 8 6:00 pm —7:30 pm	http://bit.ly/BEH_Jun_8
Dementia Conversations	Thursday, June 10 6:00 pm—7:00 pm	http://bit.ly/DC_jun_10
COVID-19 and Caregiving	Monday, June 14 6:00 pm —7:00 pm	http://bit.ly/COV_jun_14
Legal and Financial Planning for Alzheimer's Disease	Tuesday, June 15 6:00 pm —7:30 pm	http://bit.ly/LF_Jun_15
Effective Communication Strategies	Wednesday, June 16 6:00 pm —7:30 pm	http://bit.ly/ECS_jun_16
Advancing the Science: Alzheimer's and Dementia Research	Thursday, June 24 6:00 pm —7:00 pm	http://bit.ly/RES_jun_24
Understanding and Responding to Dementia-Related Behavior	Thursday, June 24 6:00 pm —7:30 pm	http://bit.ly/BEH_jun_24
Effective Communication Strategies	Wednesday, June 28 6:00 pm —7:30 pm	http://bit.ly/ECS_jun_28
Healthy Living for Your Brain and Body: Tips from the Latest Research	Wednesday, June 30 6:00 pm —7:00 pm	http://bit.ly/HLBB_jun_30

En Español		
Conozca las 10 Senales de Advertencia: La Deteccion Temprana es Importante	Miercoles, 9 de Junio 6:00 pm —7:00 pm	http://bit.ly/C10S_jun_9

This document was supported in part by a cooperative agreement 90ADSG0006-01-00 from the Administration on Aging (AoA), Administration for Community Living (ACL), U.S. Department of Health and Human Services (DHHS). Grantees carrying out projects under government sponsorship are encouraged to express freely their findings and conclusions. Therefore, points of view or opinions do not necessarily represent official AoA, ACL, or DHHS policy.

