

June - Alzheimer's & Brain Awareness month

2-minute PSA / video segments



(English language programs)

June is Alzheimer's & Brain Awareness month, and no one should face Alzheimer's or any dementia alone. The Alzheimer's Association Delaware Valley Chapter is offering virtual education workshops for caregivers throughout June.

Join the Association Wednesday and Thursday of each week for virtual workshops from the comfort of your home. Topics vary, addressing warning signs, communication, healthy living and more. A special half-day Caregiver Virtual Symposium on Wednesday, June 24, from 9am-12pm, will feature four short presentations focused on dementia-related behaviors, COVID-19 tips for caregivers, Alzheimer's and dementia research and supporting caregivers during the pandemic. Join all programs by phone or computer. Register for any free workshop by calling the Alzheimer's Association 24/7 Helpline at 800.272.3900 or online at alz.org/crf.

Get support from the Alzheimer's Association, day or night, by calling the 24/7 Helpline -- 800.272.3900 -- to receive free, confidential help from a dementia expert. For resources and tips for dementia caregivers coping during the COVID-19 pandemic, visit alz.org/covid19. The Alzheimer's Association is here to help you.

(Spanish-language programs)

June is Alzheimer's & Brain Awareness month, and no one should face Alzheimer's or any dementia alone. The Alzheimer's Association Delaware Valley Chapter is offering virtual education workshops for the Spanish-speaking community throughout June.

Join the Association every Tuesday at 2:30 p.m. for virtual workshops, presented in Spanish, from the comfort of your home. Topics include 10 Warning Signs, Understanding Alzheimer's and Dementia, and Healthy Living for the Brain and Body. Join by phone or computer. Register for any free workshop by calling the Alzheimer's Association 24/7 Helpline at 800.272.3900 or online at alz.org/crf. That's 800.272.3900 or alz.org/crf.

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Junio es el mes de Alzheimer y Conciencia Cerebral, y nadie debería enfrentar el Alzheimer ni ninguna demencia sola. El Capítulo del Valle de Delaware de la Asociación de Alzheimer ofrece talleres virtuales de educación para la comunidad de habla hispana durante todo junio.

Únase a la Asociación todos los martes a las 2:30 p.m. para talleres virtuales, presentados en español, desde la comodidad de su hogar. Los temas incluyen 10 señales de advertencia, comprensión del Alzheimer y la demencia, y una vida saludable para el cerebro y el cuerpo. Únase por teléfono o computadora. Regístrese para cualquier taller gratuito llamando a la línea de ayuda 24/7 de la Asociación de Alzheimer al 800.272.3900 o en línea en alz.org/crf. Eso es 800.272.3900 o alz.org/crf.

Obtenga apoyo de la Asociación de Alzheimer, de día o de noche, llamando a la línea de ayuda 24/7 - 800.272.3900 - para recibir ayuda confidencial gratuita de un experto en demencia. Para obtener recursos y consejos para los cuidadores de demencia que sobreviven durante la pandemia de COVID-19, visite alz.org/covid19. La Asociación de Alzheimer está aquí para ayudarlo.