EMPLOYEE ASSISTANCE PROGRAM  
LUNCHTIME WELLNESS PROGRAM 

East Campus  

Are Your Senior Moments Normal? 

Recognizing Early Signs of Dementia and the Importance of Living a Brain Healthy Lifestyle 

This interactive workshop will separate myth from reality and address commonly-held fears about Alzheimer's in America. The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. 

In this program you will learn: 

- How to tell the difference between Alzheimer’s and typical aging 
- Steps to take if you recognize a warning sign in yourself or someone you know 
- Brain-healthy lifestyle strategies 

Presenter: Gretchen Moore Simmons, Professional Development Specialist, Alzheimer's Association Northeastern New York 

To Register Contact:  
Brenda Seckerson, EAP Coordinator 
bseckerson@albany.edu 

CALL 442-5483 OR REGISTER ONLINE 

http://www.albany.edu/eap/event_sign-up.htm