EMPLOYEE ASSISTANCE PROGRAM
LUNCHEON WELLNESS PROGRAM

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

Wednesday, February 12
12:00 - 1:00 pm
Room 375, Campus Center
Registration Deadline:
Monday, February 10

THE WORLD WITHIN REACH