

DEMENTIA EDUCATION and Resources

Please join us for a **two-part educational series** hosted by the Alzheimer's Association in partnership with Dementia Friendly Central Virginia and JMRL's Northside Library.

JMRL'S NORTHSIDE LIBRARY
705 W. RIO ROAD
CHARLOTTESVILLE, VA 22901

PART 1

DEMENTIA INITIATIVES IN VIRGINIA:
NEW RESOURCES AND SERVICES

October 19 | 11 a.m.-12 p.m.

In our first part, we will talk about local resources available to support you as you age.

TO REGISTER, [CLICK HERE](#) OR
SCAN THE QR CODE.



PART 2

HEALTHY LIVING FOR YOUR BRAIN AND BODY: TIPS
FROM THE LATEST RESEARCH

October 26 | 11 a.m.-12 p.m.

In the second part, we will talk about how to make lifestyle choices that may help you keep your brain and your body healthy as you age.

TO REGISTER, [CLICK HERE](#) OR
SCAN THE QR CODE.



THIS PROGRAM IS IN PARTNERSHIP WITH



REGISTRATION IS RECOMMENDED, BUT NOT REQUIRED.