

First Link Learning Series FIRST STEPS

Due to the pandemic we are not offering in person sessions at this time.

All sessions are done via Zoom, an online video communication software.

If you have a computer or tablet that is connected to the internet we can help you get online and familiar with zoom.

Please reach out our Education Coordinator, Wendy Harris, for assistance.

**Alzheimer Society
of KFL&A**

400 Elliot Ave, Unit 4
Kingston, ON
K7K 6M9
www.alzheimer.ca/kfla

Phone: 613-544-3078
1-800-266-7516
Fax: 613-544-6320

First Steps is the first of the learning series. It is designed for people diagnosed with Alzheimer's disease or a related dementia and/or their care partners:

- Who are in the early stages
- Who are able to understand and appreciate the content of material
- Who are willing to attend, with awareness that participants will discuss their experience

Sessions are designed as a series, so plan to attend all modules virtually from the comfort of your home:

1. What is Dementia
2. Adapting to Brain Changes
3. Planning Ahead/Building a Circle of Support

WHEN: APRIL 15, 22, 29 10:00a.m –12:00p.m.

To register click on the link below:

[REGISTER HERE](#)

Please contact us if you need any assistance!

education@alzking.com

1-800-266-7516 ext. 203