Alzheimer Society

PETERBOROUGH, KAWARTHA LAKES, NORTHUMBERLAND & HALIBURTON

First Steps

A First Link® Learning Series



Dates and Time:

Tuesdays - April 6, 13, 20, and 27, 2027
9:30 am to 12:00 pm
(May 4 is a back-up date, if needed)

Location:

Peterborough

(Exact location provided upon registration)

First Steps is a four-week learning series that provides an overview of the dementia journey and will help you better understand the changes you are experiencing.

Research has shown that when people learn about dementia early in the illness, they manage better. At this series, you will learn about types of dementia and how changes in the brain affect day-to-day functioning. You will also identify coping strategies and begin to plan for the future.

Who Should Attend: Persons in the early stages of dementia; family members or friends.

This series is offered FREE of charge, but spaces are limited. Registration is required for this program.

If you would like to know if the *First Steps* program is a good fit for your learning, or are interested in registering, please contact your Alzheimer Society Counsellor at the Alzheimer Society. If you are connecting with the Alzheimer Society for the first time, please contact our Intake Coordinator at (705) 748-5131 or 1-800-561-2588, ext. 235.

Alzheimer Society of Peterborough, Kawartha Lakes, Northumberland, and Haliburton
18-360 George St N, Peterborough, Ontario K9H 7E7
(705) 748-5131 or 1-800-561-2588 | info@alzheimerjourney.ca
www.alzheimer.ca/pklnh