

# Educational Seminars

*It's Never Too Late in Life for Dementia Prevention*



## TAILORED FOR OLDER ADULTS

Our seminars are 1-hour long and focus on Alzheimer's disease and related dementias, their prevention, and other topics related to healthy aging.

## AVAILABLE TOPICS



### Understanding Alzheimer's & Dementia

You will learn about dementia and the different types that exist, the first signs and changes of the disease, causes and risk factors, the 3 stages of Alzheimer's, the first steps in treatment and planning, and what Act Now Foundation can do to help, and more!

### Reducing Your Risk of Dementia

This seminar is an introduction to healthy lifestyle choices you can implement to help lower your risk of developing dementia. These include diet, exercise, mental health and stimulation, socialization, and sleep.



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### Healthy Aging and Nutrition

This seminar talks about the effects of a poor diet, reversible dementia from vitamin deficiencies, non-reversible dementia from poor diet choices, the MIND diet (slashes your risk of dementia by 35%), and the relationship between dementia and diabetes.

### Falls and Dementia

We talk about the types of traumatic brain injuries, the consequences of falling, risk factors, preventive lifestyle changes, home safety measures, how to get up from a fall, and the ways in which you can call for help when injured.



### Poor Sleep & Dementia

This seminar talks about the relationship between a lack of sleep and dementia, the 5 stages of sleep and what affects them, sleep disorders, signs you should seek medical advice, and safe sleep tips for older adults.



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### Depression & Social Isolation in Older Adults

This seminar talks about the warning signs of depression and its most common types, risk factors, the roles of social isolation and loneliness, how this disease affects minorities, action steps to prevent depression, and treatment options.

### Understanding Memory Loss

Learn the difference between mild forgetfulness and more serious memory problems, the causes of memory problems and how they can be treated or managed, and how to cope with serious memory problems.



### Successful Aging

Learn how memories are made, the primary memory types, the difference between learning and memory, what brain plasticity is and how to keep your brain active as you age, strategies to help you learn and remember, and more.





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### Brain Health & Aging

This seminar talks about false brain-aging myths and how to keep your brain sharp as you age by exercising, challenging your brain, socializing, managing stress, reducing vascular and diabetes risk, sleeping well, and more.

### Bullying Among Seniors

This presentation explores bullying in senior communities—what it is, why it happens, and how it impacts others. It covers common behaviors, who bullies and who gets targeted, warning signs, and how to respond.



### Talking With Your Doctor

This seminar guides older adults on how to navigate healthcare more confidently by choosing the right doctor, preparing for appointments, understanding medications and treatments, coordinating with specialists, and more.

