

Community Education

The Alzheimer's Association offers a variety of classes to educate people about different issues related to dementia. Respite can be arranged for your loved one for you to attend the classes so you don't have to leave them alone. In the upcoming months classes will be offered at different Wayne County locations that cover topics like "Family Dynamics and Conflicts," "Managing Grief and Guilt," "Caregiving at the Holidays," "Being a Healthy Caregiver," and "Communication Through the Stages."

Call 800-272-3900 for more information, to register, or to arrange respite.

A full schedule of activities and educational events is available at www.alz.org/rochesterny.