

# Potluck and Learn!

Bring your favorite dish to share and come out for a series of educational programs.

## Pine Hill Community Center

287 Main St., Pine Hill



### Friday, May 12

#### 11 a.m. Know the 10 Signs

*Learn to recognize the 10 signs of Alzheimer's disease.*

#### Break for potluck

#### 1 p.m. Healthy Living for your brain and body

*Get tips from the latest research on nutrition, diet, exercise, cognitive activity and social engagement to form a plan for healthy aging.*

### Monday, May 15

#### 11 a.m. The Basics of Alzheimer's

#### Break for potluck

#### 1 p.m. Dementia Conversations

*A program specifically for care partners of people who are recently diagnosed early-stage dementia. It offers tips for handling difficult conversations that typically arise, such as doctor visits, planning for the future and when to stop driving.*



Contact Moe Lemire at 845.254.5469 or [info@pinehillcommunitycenter.org](mailto:info@pinehillcommunitycenter.org) to RSVP or call the Alzheimer's Association at 800.272.3900 with questions.