

World Alzheimer's Day 2024

Join us for a symposium on **Discovering Dementia: Understanding, Coping, and Caring.**



KEYNOTE SPEAKER:

Jennifer Antkowiak, TV news anchor, wellness educator, speaker and author.

TOPIC: "Caring for the Caregiver: Essential Strategies for Alzheimer's Caregiving" Jennifer will share practical tips and heartfelt advice to help you navigate the challenges of caregiving. Learn how to manage stress, communicate effectively, build a support network, and maintain your own well-being while caring for a loved one with Alzheimer's. Don't miss this opportunity to gain valuable insights and connect with a community that understands your journey.

TOPICS OF DISCUSSION AND SPEAKERS:

TOPIC: Walking the Path
 SPEAKER: Terrie Eger, Memory Care Advisor, Arden Courts ProMedica Memory Care – Jefferson Hills.

TOPIC: Dementia in Context: Understanding Early Signs & Symptoms in Daily Life
 SPEAKER: Dr. Swathi Gurjral, PhD, Assistant Professor of Psychiatry at the University of Pittsburgh

TOPIC: Building the Right Foundation: Estate Planning with an Elder Law Focus – the importance of well drafted documents for estate and long-term care planning. There will also be discussions on durable financial and medical powers of attorney, living wills, last will & testaments and trusts.
 SPEAKER: James Benedek, Esq., Law Firm of Zacharia and Brown

Saturday, September 21, 2024

REGISTRATION: 8:30 a.m.
 EVENT: 9:00 a.m. to 1:00 p.m.

A brunch buffet will be available.

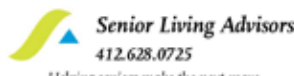
Due to sensitivity of topics, mature audience only.

RSVP to Terrie Eger at 412-384-0300 or email theresa.eger@promedica.org

EVENT LOCATION:



4305 Brownsville Road
 Pittsburgh, PA 15236



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 PROMEDICA MEMORY CARE
arden-courts.org/jeffersonhills