



Ask the Experts 2018 Talks

Talks are free, open to the public and provide 1-CEU for social workers and nurses. Find our talks and Like us on www.facebook.com/fightmemoryloss. RSVP to 651-495-6565 or email memoryloss@HealthPartners.com.

Monday, October 1; 10:30 am

Memory and the Mind: The Treatment and Prevention of Memory Loss & Brain Disorders

William H. Frey II, PhD

Simchat Torah Morning Services & Memory and the Mind

RSVP to Wendy Schwartz at 612-374-0344

Thursday, November 8

Not all Dementia is Alzheimer's--Learn about Lewy Body and FTD

Michael Rosenbloom, MD

Schedule: 11:30 am -- Noon: Lunch & Registration (sponsored by New Perspective Senior Living Mahtomedi)

Noon -- 1:00 pm: Presentation

HealthPartners Neuroscience Center Conference Room

295 Phalen Blvd, St. Paul 55130

RSVP to Jan.L.karrmann@HealthPartners.com or call 651-495-6350

Thursday, November 15; 2:00-3:00 pm

Memory Loss and Driving: What You Need to Know

Kathy A. Kiefer

1:30-2:00 pm check-in and social

2:00-3:00 pm Presentation

Hopkins Community Center

33 14th Avenue North, Hopkins MN 55343

For Questions/to RSVP contact Christine at 952-856-7521 or cdrasher@augustanacare.org

Wednesday, November 28

Interpreting research (Title to be confirmed)

Dr. Leah Hanson

Schedule: 11:30 am -- Noon: Lunch & Registration (Handi Medical Supply, Inc.)

Noon -- 1:00 pm: Presentation

HealthPartners Neuroscience Center Conference Room

295 Phalen Blvd, St. Paul 55130

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Mindfulness-Based Dementia Care (MBDC) Classes, a program for family caregivers, are offered twice a year. The class is designed to improve the quality of life and teach caregiving skills to those providing dementia care to a loved one.

The MBDC Spring 2019 Schedule:

Wednesdays from March 27 to May 15

- **Orientation Session:** March 27 (Class 1) 9:30 am -- noon
- **Wednesday Classes:** (Classes 2-8) 10:00 am – Noon
- **Retreat:** Saturday, May 4 from 9:45 am--4:00 pm

The program is \$350 per participant (including snacks and materials). Generous scholarships are available upon request thanks to generous donations. **For more information email** Jan.L.karrmann@HealthPartners.com or call 651-495-6350.