



# Younger/Early-Onset Dementia Series

Younger-onset (also known as early-onset) Alzheimer's affects people younger than age 65. Many people with early onset are in their 40s and 50s.

This six month Series is designed for persons living with the diagnoses of Mild Cognitive Impairment (MCI), Younger/Early-Onset Alzheimer's or other related dementia and their Care Partner (spouse, partner, son, daughter, parent, friend...) and for those concerned about memory loss.

**When: Second Thursdays from March 10th - August 11th**

**Time: 1pm to 2:30pm**

**Where: Gundersen Health System - Onalaska Clinic**

**Education Center | 3111 Gundersen Drive | Onalaska, WI 54650**

## Series Topics by Date:

- **March 10th—Dementia Basics | Julene Bowe, Alzheimer's Association**
- **April 14th— Communication | Dr. Ellen Rozek, UW-La Crosse**
- **May 12th— Depression & Anxiety | Christie Harris, Gundersen Health System**
- **June 9th— Coping Skills | Christie Harris, Gundersen Health System**
- **July 14th— Self-Care & Movement | Amy Brezinka, Caregiver Coach Program  
& Linda Larson, Gundersen Health System**
- **August 11th— Financial Concerns: Planning for the Future  
Dustin Cunningham, Trust Point Inc.**

*No RSVP or Registration is required for this Dementia Series.*

**For more information contact:**

**Shayna Schertz, Wellness Education Specialist at 608-775-3885 or  
Amy Brezinka, Caregiver Coach Program Coordinator at 608-785-5700**

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