

Of Rock County

**1717 Center Avenue, Janesville**

**February 7, 2023**

**FOR IMMEDIATE RELEASE**

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**2023 Dementia Education Series**

**Presented by The ADRC and the Beloit Public Library**

**March 7th Program – Dementia & Brain Health Basics**

The Aging & Disability Resource Center of Rock County and the Beloit Public Library are offering 4 dementia education programs in 2023. The first program, Dementia & Brain Health Basics, will be offered on March 7th from 10-11:30am at the library which is located at 605 Eclipse Blvd in Beloit. There is no cost to attend this program. The March program provides information about Alzheimer’s disease and related dementias defining the 5 most commonly diagnosed dementias and accompanying signs and symptoms. Attendees will also learn about what supports brain health and practical steps to make lifestyle adjustments. Time will be reserved for discussion and questions.

“Education is the key to understanding, reducing stigma and lessening the fears associated with Alzheimer’s disease and related dementias. Armed with information, we can make informed decisions that can improve our quality of life – with or without a dementia diagnosis”, said Karen Tennyson the Dementia Care Specialist for Rock County.

In addition to the Dementia & Brain Health Basics program in March, The Aging & Disability Resource Center of Rock County and the Beloit Public Library are also offering the following programs for 2023:

Memory Screenings May 12th, 11am-4pm Reservations Required

Dementia Live Experience June 2nd, 11am-4pm Reservations Required

Caring for Someone with Dementia,

How to Survive the Holidays November 14th, 10-11:30am

For more information about this or any of the programs offered by The Aging and Disability Resource Center of Rock County, please contact Karen Tennyson at 608-741-3615 or [karen.tennyson@co.rock.wi.us](mailto:karen.tennyson@co.rock.wi.us). When emailing, please include your contact information.