

Healthy Brain & Body

HEALTHY SOUL



Thursday, April 20 (Virtual)
1:00-3:00 p.m. CST



Jim Adams

Healthy Living for Your Brain & Body 1:00-1:30 p.m.

Jim Adams, Alzheimer's Association Community Educator and author of *Other Me's: My Caregiver Experience with Lewy Body*, will share about how healthy living can improve healthy aging. Topics will include diet and nutrition, exercise, cognitive activity and social engagement.

Old Minds, Young Souls: Why and How to Offer Spiritual Care During Dementia 1:30-3:00 p.m.

Chaplain Elisa Bosley, graduate of Stanford University and an influential writer and editor, will share her guidance to help meet the spiritual needs of elders, especially those with Alzheimer's and other dementias. Topics will include, the difference between spiritual and religious care, the benefits of spiritual care for a person living with dementia, how to support a loved one's (and your own) faith during the dementia journey and practical tools to lead spiritual activities.



Chaplain Elisa Bosley

**FREE Registration: bit.ly/ALZHBBHS
or 800.272.3900**

*Encouraged to attend: Family Caregivers,
Activity Professionals, Spiritual Leaders,
Community Members.*

www.alz.org/wi
24/7 Helpline 800.272.3900

