



# Mitten Minds Education Series

*A Michigan Alzheimer's Disease Center program for persons with memory loss.*

The Mitten Minds Education Series offers a series of educational presentations for *individuals who are newly diagnosed with Mild Cognitive Impairment or are in the early stages of a dementia*. The goal of the series is to provide important information to individuals who have been recently diagnosed, provide a space for questions to be answered, and to connect to other resources and support services available. A loved-one may accompany you to the program. The Mitten Minds Education Series is currently offered *virtually*. Sessions meet once per week.

The program is part of the Wellness Initiative at the Michigan Alzheimer's Disease Center. Sessions are facilitated by Ashley Miller, MPH and each session is presented by an expert in the field of dementia care and research.

## *To register*

Registration is required. Please register online at [alzheimers.med.umich.edu/mitten-minds-education-series](https://alzheimers.med.umich.edu/mitten-minds-education-series)

Once you register, a staff member will contact you to you to set up an initial meeting before the start of the series.



## Series Sessions

Virtually on Zoom

Wednesdays

September 1 - October 6

3:00 - 5:00pm



### Session One

Introduction & getting to know each other



### Session Two

Memory loss 101



### Session Three

What does the research say?



### Session Four

Mental health & wellbeing



### Session Five

Planning for your future



### Session Six

Community resources & conclusion