



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

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



Series Sessions

Virtually on Zoom

April - May 2022

Dates to be announced



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