

Your Memory Is Everything

A Free Three Pillars Series Focusing On Memory Loss And Brain Health

This presentation series is designed for people concerned about memory loss, experiencing the early stages of memory loss and caregivers. Presentations are open to Three Pillars residents and the public. There is no charge to attend!

MEMORY LOSS: WHAT COULD IT MEAN? — April 11 | 6pm

Explore normal memory loss versus possible disease processes, an overview of different types of dementia and options for assessment.

MY FRIEND HAS MEMORY LOSS — June 12 | 6pm

Understand how dementia affects people and how to adapt your relationships to accommodate memory loss.

MAINTAINING YOUR BRAIN HEALTH — August 14 | 6pm

Making healthy lifestyle choices and managing chronic health conditions to keep your brain healthy.

LIVING DAY TO DAY WITH MEMORY LOSS — October 9 | 6pm

Tips and tricks for people living with early-stage memory loss.

CELEBRATING THE HOLIDAYS WHEN YOUR LOVED ONE HAS DEMENTIA — December 11 | 6pm

Ideas for making the holidays joyous when things just aren't the same.

All presentations will be held in the Community Room in Village on the Square at 314 E. Village Ct. in Dousman, WI.

Reservations are requested, not required.

For more info, or to RSVP, please contact Jen Graf, Director of Dementia Programming, at 262.965.7133 or jgraf@threepillars.org.



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