

Caring with Confidence: Dementia Caregiver Symposium

Wednesday June 3, 2026

1:00-3:30PM

Alzheimer's affects more than seven million Americans and more than 12 million family and friends provide care to those affected. This summit will cover useful information including:

Understanding Alzheimer's and Dementia

Presented by Dr. Christopher Koepl, MD

Alzheimer's disease is not a normal part of aging. Learn about the difference between Alzheimer's and dementia, risk factors, diagnosis, stages, treatments and how the Alzheimer's Association can help.

Building Brain Healthy Habits

Presented by Julie Roznowski-Olson, Geriatric NP-BC, APNP, MSN, BSN, RN

Based on findings from the US POINTER study, learn how research-based strategies such as physical activity, nutrition, mental engagement, social connection, sleep and stress management benefit people at any life stage.



Dr. Christopher Koepl



Julie Roznowski-Olson

 **This FREE program will be held at:**

**Northcentral Technical College
1000 W Campus Drive, Wausau
Center for Health Science Building,
Room 1004A**

**For more information,
or to register:**



800.272.3900



<https://bit.ly/caringwithconfidence>

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