

"What to Know" Wednesday

A monthly educational and discussion group for dementia caregivers, providing essential information on a variety of topics hosted by the Alzheimer's Association and the Multidisciplinary Center on Aging at the University of Colorado. A place to connect with other caregivers.



Join us for What to Know Wednesday, a monthly educational talk and discussion forum. Each month, What to Know Wednesday alternates between expert-led presentations and participant-led discussions designed to foster shared learning at our caregiver café.

2026 Calendar

February Presentation: Veteran Resources
March: Caregiver Café
April Presentation: Navigating Family Dynamics
May: Caregiver Café
June Presentation: Staying Engaged with Dementia
July: Caregiver Café
August Presentation: Updates from CU Caregiver Research Studies
September: Caregiver Café
October Presentation: Navigating Dementia during the Holidays
November: Caregiver Café
December Presentation: Fueling the Caregiver

**3rd Wednesday of the month
2:00 p.m. - 3:00 p.m. MT**

**On Zoom, to register please click
HERE or scan the QR code below.**

**For more information, please email
dementia.care@cuanschutz.edu.**

Visit alz.org/CRF to explore additional education programs and support groups in your area.



Multidisciplinary
Center on Aging
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS



**ALZHEIMER'S
ASSOCIATION**
Colorado Chapter

