WELCOME TO THE 10TH ANNUAL AFRICAN AMERICAN CAREGIVING AND WELLNESS FORUM

8:30 – 9:15 a.m.  Registration, breakfast and exhibitor visits
9:15 – 9:30 a.m.  Welcome and introductions
                   Anneliese Radke, Ph.D., and Craig Wingate, M.P.H., M.Sc.
9:30 – 10:20 a.m. Keynote presentation: Alzheimer’s Disease – An Update
                   Rita Hargrave M.D.
10:20 – 10:30 a.m. Meditation for Caregivers
                   Esther Lara, M.S.W.
10:30 – 11:20 a.m. Financial Planning
                   Lisa Bryant, Esq.
11:20 – 11:55 a.m. Ask the Experts panel discussion
11:55 a.m. – 12:40 p.m. Lunch
12:40 – 12:50 p.m. Physical Exercise
                   Frank Clayton
12:50 – 1:40 p.m. Understanding and Responding to Dementia Related Behaviors
                   Dori Sproul, M.A., and Diane Lewis
1:40 – 2:00 p.m.  Closing remarks

PRESENTED BY

Alzheimer’s Association

UC Davis Alzheimer’s Disease Center

Safeway

Center for Elders’ Independence

Alameda County Supervisor Keith Carson
Alameda County Area Agency on Aging

100 N. Wiget Lane, Suite 150
Walnut Creek, CA 94598