



Alzheimer's Family Support Center

Until there's a cure, there's community.

FOR IMMEDIATE RELEASE

COVID-19 and Your Cognitive Health: Challenges and Strategies for Re-integrating Post-Pandemic **Free Virtual Workshop Offered by The Alzheimer's Family Support Center**

BREWSTER, MA – April 13, 2021

On Monday, May 24 from 1:30 to 3:00 p.m., the Alzheimer's Family Support Center (AFSC) will present a free virtual workshop entitled "***COVID-19 and Your Cognitive Health: Challenges and Strategies for Re-integrating Post-Pandemic***". Dr. Molly Perdue, PhD, Executive Director of the AFSC, will be the presenter.

By any measure it's been an unprecedented year for all of us. And while it's clearly too early to celebrate an end to COVID-19, many are beginning to think about life after the pandemic: what it will look like, what it will feel like, and how we will endeavor to re-enter the world that shut down so abruptly in March of 2020.

In this 90-minute Zoom workshop, Dr. Perdue will discuss cognitive challenges posed by the isolation, loneliness, and anxiety of life during COVID-19, unraveling the past year and finding ways to maintain cognitive health as we move forward. The workshop is suitable for professional as well as family caregivers, people living with early cognitive loss, and any interested members of the community.

COVID-19 and Your Cognitive Health:

Challenges and Strategies for Re-integrating Post-Pandemic

Dr. Molly Perdue, MS, PhD

Monday, May 24, 1:30-3:00 p. m. via Zoom

Registration is required. To register email info@capecodalz.org or call 508-896-5170. Please provide your name, the names of those who will be joining you, your phone number and email address, and the physical address you will be attending from. If you need assistance with Zoom, please call or email at least one day prior to the workshop and an AFSC staffer will schedule a time to walk you through.

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The Alzheimer's Family Support Center of Cape Cod provides an array of free, comprehensive services to the Cape's Alzheimer's/dementia community. Call (508) 896-5170; email support@capecodalz.org; or visit our website: www.alzheimerscapecod.org