



Saint Alphonsus

A Member of Trinity Health

HOPE HEART PEACE

The Treasure Valley Family YMCA in partnership with Saint Alphonsus Memory Center is excited to provide once-a-month online (virtual) free educational evidence-based program series targeted to individuals living with dementia and their family members.

**FIRST TUESDAY OF THE MONTH
11:30-12:30PM-MST | FREE | ONLINE
OPEN TO THE PUBLIC**



Scan the QR code to find previous educational recordings



HOPE:

Healthy Options for Prevention Excellence

Focus is on education about evidence-based dementia risk reduction strategies.



HEART:

Holistic Evidence-based Alzheimer's and Related dementias Treatment

Focus is on education about obtaining early diagnosis and creating a comprehensive holistic evidence-based care plan for treatment of dementia.



PEACE:

Palliative Excellence in Alzheimer's and related dementias Care Efforts

Focus is on education about palliative care for individuals with dementia that includes approaches to promote safety, delay institutionalization, prevent and reduce agitation and improve end of life care.



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FEBRUARY ☀

Parkinson's Prevention

Dr. Kelly Block

MARCH ☀

Reversible Dementia's

Dr. Thomas Farrer

APRIL ❤️🕊️

Mild Cognitive Impairment/Mild Dementia

Dr. Kara Kuntz

MAY ❤️🕊️

Moderate, Severe and Terminal Stage Dementia

Professional Panel

JUNE ❤️🕊️

Biomarkers

Dr. Abhilash Desai