

The Alzheimer's Association Wisconsin Chapter is here to support you. Read on for the latest resources to help you navigate dementia with your loved one.

Education Programs
 Informative programs offered by trained presenters on various topics.

[VIEW & REGISTER](#)

Support Groups
 In person & virtual groups offering a safe, confidential, and supportive environment.

[VIEW & REGISTER](#)

Virtual Education
 Upcoming virtual education programs, plus Wisconsin's library of programs to watch any time, on demand.

[VIEW & REGISTER](#)

Social Programs
 Gatherings for those with memory loss and a loved one to connect, socialize, and build new support networks.

[SEE LIST](#)

Register for "The Younger Brain Blueprint"

Join us for a science-backed experience designed to help you stay sharp and reduce your dementia risk. We'll show how moving your body, engaging your mind, choosing nourishing foods, and adopting simple daily habits can strengthen brain resilience long term.

April 14, 9:30 a.m. - 12 p.m.
 Oregon, WI

[REGISTER](#)

Join us for the Wisconsin State Conference

Held annually, the Wisconsin State Conference, presented by Senior Helpers, attracts hundreds of professional and family care providers and is one of the largest and most comprehensive statewide conferences dedicated to Alzheimer's and dementia.

May 19 - 20
 Kalahari Resort, Wisconsin Dells

[REGISTER](#)



Spinach vs. bacon vs. the faucet: Why nitrate's source matters for dementia risk

In a 27-year Danish study, nitrate from vegetables was linked to lower dementia rates, while nitrate from processed meat and tap water showed the opposite pattern. [Read more.](#)



Ambiguous loss: put your own mask on first

A common form of ambiguous loss is when a family member is physically alive, but cognitively changed due to Alzheimer's disease or another related dementia. This phenomenon is incredibly common, even though it is not widely spoken about. [Read more.](#)



Healthy living with MCI - cognitive testing and brain imaging explained

Presented by Victoria Williams, PhD, alongside Nathaniel Chin, MD, medical director of the Healthy Living with MCI series. [Watch to learn more.](#)

[Request an education program](#) for your group or organization

[Learn more](#) about brain health and reducing your risk of dementia

[Sign up](#) for E-News for the latest on research and new initiatives



Alzheimer's Association Wisconsin Chapter
alz.org/wi | 800.272.3900

Our Milwaukee office has moved suites! New address:
 620 S. 76th Street, Suite 110
 Milwaukee, WI 53214