



## World Alzheimer's Day 2024

Join us for a symposium on **Discovering Dementia: Understanding, Coping, and Caring.**



**KEYNOTE SPEAKER:**

Jennifer Antkowiak, TV news anchor, wellness educator, speaker and author.

**TOPIC: "Caring for the Caregiver: Essential Strategies for Alzheimer's Caregiving"**

Jennifer will share practical tips and heartfelt advice to help you navigate the challenges of caregiving. Learn how to manage stress, communicate effectively, build a support network, and maintain your own well-being while caring for a loved one with Alzheimer's. Don't miss this opportunity to gain valuable insights and connect with a community that understands your journey.

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**TOPICS OF DISCUSSION AND SPEAKERS:**

**TOPIC:** Walking the Path

**SPEAKER:** Terrie Eger, Memory Care Advisor, Arden Courts ProMedica Memory Care – Jefferson Hills.

**TOPIC:** Dementia in Context: Understanding Early Signs & Symptoms in Daily Life

**SPEAKER:** Dr. Swathi Gurjral, PhD, Assistant Professor of Psychiatry at the University of Pittsburgh

**TOPIC:** Building the Right Foundation: Estate Planning with an Elder Law Focus – the importance of well drafted documents for estate and long-term care planning.

**SPEAKER:** James Benedek, Esq., Law Firm of Zacharia and Brown

**Saturday,  
September 21, 2024**

REGISTRATION: 8:30 a.m.

EVENT: 9:00 a.m. to 1:00 p.m.

*A brunch buffet will be available.*

*Due to sensitivity of topics, mature audience only.*

RSVP to Terrie Eger at 412-384-0300 or email [theresa.eger@promedica.org](mailto:theresa.eger@promedica.org)

**EVENT LOCATION:**



4305 Brownsville Road  
Pittsburgh, PA 15236



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