

An elderly couple is walking together on a brick path in front of a house. The man, on the left, is wearing a dark blue zip-up sweater over a pink shirt and khaki pants. The woman, on the right, is wearing a tan shawl over a blue top and jeans. They are both smiling. The background shows a red door, a white mailbox, and some greenery.

LiveWell with dementia

alz.org/livewell

alzheimer's  association®

Live your best life with dementia

The Alzheimer's Association® LiveWell Online Resources are free, interactive tools that empower individuals with early-stage Alzheimer's or another dementia to live a quality life for as long as possible.

Created with input from people living with dementia, LiveWell Online Resources use short questionnaires and compelling video testimonials to provide insight and personal action plans around five key topics:

- » Life After Diagnosis
- » You Are More Than Your Diagnosis
- » Live Healthy
- » Maximize Your Independence
- » Live in the Moment

Visit alz.org/livewell or call **800.272.3900** to learn more.



The Alzheimer's Association is proud to partner with the African Methodist Episcopal Church to raise awareness of Alzheimer's disease among the African American community. By working together, we can provide opportunities for all those affected to access care and support services, engage in research and advance advocacy.



“Through easy-to-use tools like the Live Healthy activity, LiveWell Online Resources helped me create a personal plan to live a quality life in the early stage of the disease.”

– Jeff B.
Living with Alzheimer's