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The Los Angeles Public Library Launches Alzheimer's Educational Workshop Series in Honor of World Alzheimer's Month

Los Angeles (September 15, 2021) – The Los Angeles Public Library (LAPL) announces the launch of a new virtual Alzheimer's Educational Workshop series in partnership with Alzheimer's Los Angeles to discuss topics including brain health, the issue of memory loss, early signs of Alzheimer's and more. The series kicks off on Thursday, September 16, 2021 and will be featured at six LAPL locations throughout the city, with two events presented in Spanish.

"We welcome the opportunity to work with Alzheimer's Los Angeles to raise awareness about brain health and lifestyle choices that promote healthy aging," said Caroline Zakarian, Adult Librarian, Los Angeles Public Library. "We believe this partnership with Alzheimer's Los Angeles will help to educate Angelenos about the signs of this disease that continues to affect so many families in our community."

During the workshop series, participants will learn about normal aging versus potential signs of Alzheimer's and other related dementias that strip individuals of memory. Like many health issues, early detection can enable a person to start medications sooner and develop a more active role in developing their care plan.

The series will provide a comprehensive overview of Alzheimer's disease and its effects, including what causes memory loss. It's never too early or too late to learn about brain health and how it plays an important role in keeping our brains healthy and functioning normally. This program is ideal for seniors and adult caregivers.

For more information on the Alzheimer's series or to get your Zoom link for virtual programs, please visit <https://www.lapl.org/alzheimers> and click on any of the listed programs.

(More)

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A recipient of the nation's highest honor for library service—the National Medal from the Institute of Museum and Library Services, the Los Angeles Public Library serves the largest and most diverse urban population of any library in the nation. Its Central Library, 72 branch libraries, collection of more than 6 million books, state-of-the-art technology accessible at lapl.org, and more than 18,000 public programs a year provide everyone with free and easy access to information and the opportunity for life-long learning.

RL 9/14/21

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