



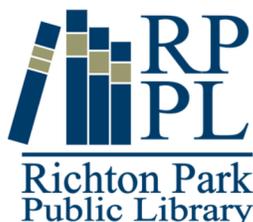
What Caregivers Need to Know About Alzheimer's Disease

Saturday, April 18, 2026 at 11 AM

Caring for a loved one experiencing cognitive decline can be challenging and isolating. Join Pathlights in welcoming Christina A. Rogers, M.D. Candidate at the Rush Alzheimer's Disease Center, to empower yourself as a caregiver and advocate. Christina will teach you to differentiate between dementia and Alzheimer's Disease (AD), discuss risk factors for AD and ways to delay onset, the critical role of caregiver self-care, and ways to ease the journey using and interpreting reputable research.

Event Location

Richton Park Public Library
22310 Latonia Ln, Richton Park



Our Speaker

Christina A. Rogers, Larry Goodman MD Health Equity Fellow of Rush University. Christina will lead community workshops for underserved older adults and their caregivers, promoting evidence-based lifestyle habits such as physical activity, cognitive engagement, social connection, and adherence to the MIND diet to support cognitive health and well-being.



**Rush
Alzheimer's
Disease
Center**



REGISTRATION REQUIRED

Visit Richton Park Public Library online, scan the QR code, or call 708-481-5333 to register



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Empowered in life.**

Pathlights guides people along the path to aging in South & Southwest Suburban Cook County.

Call 708.361.0219
Visit www.pathlights.org

Funding for Pathlights' programs provided in whole or in part by AgeOptions and federal and state government agencies, made possible through the Older Americans Act. Additional funding for services is provided by State of Illinois, Cook County, local municipalities, United Way of Metro Chicago, and other community partners and interested parties. Pathlights does not discriminate in admission to programs or treatment of employment in compliance with appropriate state and federal statutes. If you feel you have been discriminated against, call 708-361-0219.

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