

# Normal Aging vs. Dementia: *What's the Difference?*

*join us!*

## FREE WORKSHOP

Understanding Memory  
Changes & Dementia

Growing older brings many natural changes, but noticeable memory loss, confusion, or difficulty with everyday tasks may indicate something beyond normal aging. Understanding the difference can help individuals and families recognize concerns early and access appropriate support.

### Topics Include:

- Normal age-related changes versus signs of dementia
- The four most common types of dementia and their characteristics
- Early warning signs and symptoms
- Communication and caregiving strategies

Whether you're seeking information for yourself or someone in your care, this workshop offers valuable education, practical tools, and connections to trusted community resources.

*Local programs, services, and support available through Area Agency on Aging and LifeCare Memory Partners.*



September 24, 2026  
2:00 PM - 4:00 PM



St. Peter Lutheran Church  
Fellowship Hall  
4843 Southport-Supply Road  
SE, Southport



Scan QR code to RSVP:



For more information,  
contact Wendy McKernan  
at 910-457-6039.



[LifeCareMemoryPartners.org](https://LifeCareMemoryPartners.org)  
to see all of our event offerings.



LifeCare  
MEMORY  
PARTNERS



Area Agency On Aging  
Cape Fear Council of Governments