

# Watch Parties



Participants gather in person to watch  
High-quality educational webinars



## LIVE WEBINARS

**Friday, March 6, 2026 | 9:30 - 11:30am**

Holz Pavilion Theater

**Unpacking Ultra-Processed Foods** | Alzheimer's Disease Research Center- Live Webinar

Join us for the first installment of the 2026 Healthy Living with MCI education series to learn what ultra-processed foods are and explore why people who eat less of these packaged foods tend to have better health outcomes. Participants will gain confidence in making food choices that support their brain health and overall well-being.

**Thursday, March 17, 2026 | 2 - 3pm**

Village on the Square - Community Room

**Building Foundations of Caregiving** | Live Webinar from Alzheimer's Association

Caring brings unique challenges and rewards. With the right support, you can provide quality care while protecting your own well-being. We'll explore the caregiver role and changes you may experience, strategies for person-centered care, building a strong support team, and practical tips for stress. Empower yourself with tools and resources to make the caregiving journey more positive and sustainable.

**Friday, March 13, 2026 | 9 - 10am**

Holz Pavilion Theater

**How Lifelong Personality Traits Impact Dementia Care** | Live Webinar Agrace

Join us for an engaging session with Beth Nolan (Ph.D. in gerontology, and master's degrees in in human development and in applied behavior analysis) that explores how lifelong personality traits shape the way individuals experience and respond to dementia care. This webinar will help participants understand how personal preferences related to social interaction, decision-making, time use, and information processing influence behavior and communication. Attendees will gain insight into why knowing a person's lifelong tendencies is essential for building stronger connections, reducing frustration, and improving everyday interactions with people living with dementia.

### CONTACT

Jen Graf, Senior Director of Cognitive Health  
262.965.7133 or [jjgraf@threepillars.org](mailto:jjgraf@threepillars.org)