Summit Healthcare

# Know the Signs, Build the Plan

Alzheimer's and other dementia affect more families than most people realize. Spotting changes early opens the door to care, support and planning.

**Monday**
**November 16, 2026**

**1:00 PM - 3:00 PM**

**Summit Healthcare Conference Center**
4951 S. White Mountain Rd.,
Bldg C, Show Low, AZ 85901

Join Annette Sufin, Senior Director of Programs, and Crystal Frost, Community Engagement Coordinator, of the Alzheimer's Association for this free session. You will learn:

- The 10 warning signs and how they differ from typical aging
- What to do if you notice changes in yourself or someone you love
- Healthy habits that support brain health
- How to build a personal action plan you can start right away

ALZHEIMER'S ASSOCIATION