

# FAMILY & PROFESSIONAL EDUCATION

## FEBRUARY 2026 | ONLINE & IN-PERSON

FEB  
4

11:00 - 11:30 am CST | Online  
**The Heart and Brain Connection**

What's good for your heart is good for your brain. Learn how heart health supports memory and cognitive aging, plus simple daily habits that promote healthy aging for you or someone you care for.

FEB  
10

2:00 - 2:30 pm CST | Online  
**Managing Behavioral Expressions in Dementia**

FREE | 1.5 CE Credits

Behavioral expressions are communication, not "bad behavior." Learn what may be driving them and how to respond with practical, compassionate strategies that reduce stress and support connection.

*In collaboration with the Area Agency on Aging of North Central Texas*

FEB  
19

11:30 - 12:30 pm CST | Online  
**Understanding & Prevention of Vascular Dementia**

FREE | 1.0 CE Credit

Vascular dementia is often preventable but widely misunderstood. Explore how blood flow and heart health affect the brain, and learn practical steps to support brain health and healthy aging.

*In collaboration with Texas Healthy at Home*

FEB  
24

8:30 - 1:00 pm CST | In-Person  
**Annual Caregiver Symposium**

FREE | Up to 4.0 CE Credits

Dementia Care Reimagined: Guiding the Way Forward

The James L. West Caregiver Symposium is a free half-day event created to meet you right where you are, with expert guidance, practical tools, and real conversations that make a difference. Whether you are a family caregiver, healthcare professional, or community member, this event offers insight, encouragement, and a clearer path forward.

Register by clicking the program titles, visit  
[jameslwest.org/education](https://jameslwest.org/education), or email [caregiver@jameslwest.org](mailto:caregiver@jameslwest.org)

*Here* when you need  
guidance and support