

# ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## Healthy Living for Your Brain and Body

Thursday, May 6, 1-2:30 pm | [Register](#)

## 10 Warning Signs of Alzheimer's

Wednesday, May 12, 1-2:30 pm | [Register](#)

Thursday, May 13, 12-1:30 pm | [Register](#)

## Understanding Alzheimer's and Dementia

Wednesday, May 5, 5:30-6:30 pm | [Register](#)

Tuesday, May 11, 11-12 pm | [Register](#)

## Effective Communication Strategies

Thursday, May 13, 3-4 pm | [Register](#)

Wednesday, May 26, 1-2:30 pm | [Register](#)

## Understanding and Responding to Dementia Related Behavior

Wednesday, May 19, 5:30-6:30 pm | [Register](#)

Thursday, May 27, 10-12 pm | [Register](#)

## Living with Alzheimer's: Early Stage (3 Part Series)

Registration and attendance for all three requested.

Thursday, May 6, 10-12:00 pm | [Register](#)

Thursday, May 13, 10-12:00 pm | [Register](#)

Thursday, May 20, 10-12:00 pm | [Register](#)

## Living with Alzheimer's: Middle Stage (3 Part Series)

Registration and attendance for all three requested.

Tuesday, May 11, 1-2:30 pm | [Register](#)

Tuesday, May 18, 1-2:30 pm | [Register](#)

Tuesday, May 25, 1-2:30 pm | [Register](#)

## Legal & Financial Issues

Monday, May 10, 12:30-3:00 pm | [Register](#)

## Advancing the Science: The Latest in Alzheimer's and Dementia Research

Tuesday, May 25, 2-3:30 pm | [Register](#)

Alzheimer's is a global health problem with more than 6 million people living with the disease in the US alone. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions. The Alzheimer's Association is a global leader in research, mobilizing the field to advance the vision of a world without Alzheimer's and all other dementia.

## Clases en Español

[Regístrese aquí](#)

### Cuerpo y Cerebro Sano es Vida Sana: Consejos de las Últimas Investigaciones

Miércoles, 12 de mayo, 6-8 pm

### 10 Señales de Advertencia de la Enfermedad de Alzheimer

Jueves, 20 de mayo, 5-6 pm

### Viviendo con Alzheimer's Cuando el Diagnóstico es a Temprana Edad

Viernes, 7 de mayo, 6-8 pm

Viernes, 14 de mayo, 6-8 pm

Viernes, 21 de mayo, 6-8 pm

TO REGISTER OR LEARN MORE, PLEASE CALL 800.272.3900 OR ONLINE AT ALZ.ORG/CRF

# JOIN US ONLINE SUPPORT GROUPS

Presented by the Alzheimer's Association®



## Support Groups for Caregivers

First & Third **Monday** of the month, 5:30-7 pm

Last **Monday** of the month, 7-9 pm

Second **Tuesday** of the month, 7-9 pm

Second **Wednesday** of the month, 5-6 pm

Second, Third, & Fourth **Wednesday**, 10-12 pm

Third **Wednesday** of the month, 10:30-12 pm

Third **Wednesday** of the month, 6:30-8 pm

Second **Thursday** of the month, 2:30-4 pm

Second **Thursday** of the month, 5:30-6:30 pm

Third **Thursday** of the month, 10-11:30 am

Fourth **Thursday** of the month, 6-7:30 pm

First **Friday** of the month, 9-10 am

Second **Friday** of the month, 9:30-10:30 am

Third **Saturday** of the month, 10-11:30 am

To join a support group, please call **800.272.3900**

## Savvy Series - Family Caregiver Training Program

Beginning Wednesday, May 26 at 10-12pm for 6 consecutive Wednesdays. Please register by Monday, May 24 with Michelle Quiroga-Diaz at (818) 446-1687 or [mquirogadiaz@alz.org](mailto:mquirogadiaz@alz.org)

## Grupos de Apoyo en Español

Martes, 11 y 25 de mayo, 1-2:30 pm

Para registrarse para el Grupo de Apoyo Telefónico, comuníquese con Linda Loera al (213) 220-0713 o [lloera@alz.org](mailto:lloera@alz.org).

## Early Stage Social Engagement

Join us for free virtual social activities and connect with others living with early memory loss. Care partners welcome!

### • **Alz Explorer**

Wednesday, May 5, 12, 19, & 26 at 3-4 pm

Join Alz Explorer for different virtual activities such as master gardening, magic, cooking, road trips and much more. To RSVP call (760) 996-0006 or email Jennifer Zuckerman at [jzuckerman@alz.org](mailto:jzuckerman@alz.org)

### • **Hammer Museum Virtual Tour**

Friday, May 7 & 21 at 11-12 pm.

Join Hammer Museum Student Educators for a virtual conversation about historic and contemporary works of art. RSVP with Yael Wyte at [ywyte@alz.org](mailto:ywyte@alz.org)

### • **Coffee and Conversation**

Tuesday, May 4 & 18 at 10-11:30 am

Connect with like individuals and care partners, to discuss current events and a variety of topics. To RSVP, contact Michelle Quiroga-Diaz at (818) 446-1687 or [mquirogadiaz@alz.org](mailto:mquirogadiaz@alz.org)

### • **Brain Games**

Tuesday, May 18 at 2-3 pm

Brain Exercises training skills such as -memory, reasoning, processing, speed, concentration, logical sequencing, language, problem solving, and more. To RSVP, contact Sivana Lavine at (818) 446- 1573 or [sclavine@alz.org](mailto:sclavine@alz.org)