

IN-PERSON EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



MAY 2024

Healthy Living for Your Brain and Body

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways to incorporate changes into a plan for healthy aging.

Thursday, May 2 | 10:30-11:30AM

Villa Park Library
17865 Santiago Blvd, Villa Park, CA 92861

[REGISTER IN-PERSON](#)

Thursday, May 23 | 6:00-7:00PM

Yorba Linda Library
4852 Lakeview Ave, Yorba Linda, CA 92886

[REGISTER ONLINE](#)

Friday, May 31 | 12:00-1:00PM

REI Laguna Hills / Community Room
24271 Avenida de la Carlota, Laguna Hills, CA 92653

[REGISTER ONLINE](#)

Understanding Alzheimer's and Dementia

Learn the difference between Alzheimer's and dementia, Alzheimer's stages, risk factors, research and FDA-approved treatments.

Saturday, May 11 | 10:30-11:30AM

REI Laguna Hills / Community Room
24271 Avenida de la Carlota, Laguna Hills, CA 92653

[REGISTER ONLINE](#)

Wednesday, May 22 | 12:30-1:30PM

Yorba Linda Senior Center
4501 Casa Loma Ave, Yorba Linda, CA 92886

[TO REGISTER CALL \(714\) 961-7181](#)

New Advances in Alzheimer's Treatments

Learn about Aduhelm and Leqembi, new advancements in Alzheimer's treatment. An overview of how Aduhelm and Leqembi work, who are the intended candidates to receive the treatment, availability, and more.

Friday, May 10 | 1:00-2:00PM

OLLI CSUF / Shapiro AB
Ruby Gerontology Center
800 N State College Blvd, Fullerton, CA 92831

[REGISTER ONLINE](#)

10 Warning Signs of Alzheimer's

Learn about typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, and the benefits of a diagnosis.

Monday, May 20 | 9:00-10:00AM

Norman P. Murray Senior Center
24932 Veterans Way, Mission Viejo, CA 92692

[REGISTER ONLINE](#)