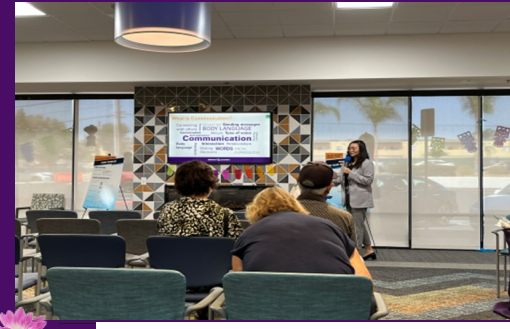


ALZHEIMER'S PROGRAM EDUCATION

Presented by the Alzheimer's Association®



MAY 2026



VIRTUAL PROGRAMS VIA ZOOM

New Advances in Alzheimer's Treatments Learn about new advancements in Alzheimer's treatments. This program will provide an overview of how disease modifying treatments slow disease progression, who are the intended candidates to receive treatments, availability & more.

May 7 6-7PM | May 21 6-7PM PST

Building a Foundation of Caregiving/Exploring Care & Support These programs explore the role of caregiver and changes they may experience, building a support team, managing caregiver stress and examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of-life care. **May 12 | 6-7PM PST**

10 Warning Signs of Alzheimer's Alzheimer's causes changes in memory, thinking and behavior that are not normal aging. Join us to learn about the difference between normal aging and Alzheimer's, common warning signs, the importance of early detection and benefits of diagnosis and more.

May 14 | 12-1 PM PST

Supporting Independence This program focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations. **May 14 | 6-7PM PST**

Building Brain-Healthy Habits Now is the time to build healthy habits. Learn how you can take positive steps to help you live better now and protect your memory and thinking as you get older.

May 19 | 6-7PM PST

IN PERSON

Supporting Brain Health in Our Communities This program shares important information about brain-healthy actions we should all build into our routines to benefit our brains. **May 13 | 11:30AM-12PM**

Serving Seniors, 1525 4th Ave., San Diego, 92101

Exploring Care & Support Services Learn how dementia affects communication, how person-centered approaches can improve communication and much more. **May 19 | 10:30-11:30am**

Sungarden Terrace, 2045 Skyline Dr., Lemon Grove, 91945

TO REGISTER FOR ANY OF THESE PROGRAMS:
CLICK THE DATE, SCAN THE QR CODE ABOVE OR CALL 800.272.3900 | 24/7

ALZHEIMER'S INFORMATION & RESOURCES

Presented by the Alzheimer's Association®



 **ALZHEIMER'S®
ASSOCIATION**



MAY 2026



WOULD YOU LIKE TO BRING ALZHEIMER'S AWARENESS TO
YOUR COMMUNITY?

BECOME A VOLUNTEER COMMUNITY EDUCATOR!
BILINGUAL ENGLISH/SPANISH IN HIGH DEMAND!

[https://volunteer.alz.org/volunteeropportunities/volunteer-opportunity-
details/comm-ed-detail](https://volunteer.alz.org/volunteeropportunities/volunteer-opportunity-details/comm-ed-detail)



BECOME A VOLUNTEER COMMUNITY REPRESENTATIVE!
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**DO WHAT YOU
LOVE TO END ALZ**

ALZHEIMER'S  ASSOCIATION®

This event was formerly
called The Longest Day®.

GET STARTED