

ALZHEIMER'S EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



MAY 2025


VIRTUAL PROGRAMS



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 the treatments, availability, and more. **May 6 | 6-7PM**

Supporting Independence People living with dementia want to remain independent for as long as possible yet caregivers may not know how to balance safety and independence. Learn how dementia changes a person's independence and impacts safety, how to provide the right amount of support, and tips to make every activity meaningful to the person living with dementia. **May 15 | 6-7PM**

Communicating Effectively This program shows how dementia affects communication, including tips for communicating well with family, friends and health care professionals and more.. **May 20 | 6-7:15PM**

Understanding Dementia Behaviors People living with dementia may exhibit behaviors as a way to communicate their needs and feelings as the disease progresses. Learn how dementia can change a person's behavior, possible triggers and person-centered care approaches to address behaviors. **May 29 | 6-7PM**

IN PERSON PROGRAMS

Healthy Living for your Brain and Body Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

May 17 | 11:30AM-12:30PM | Woodglan Vista Apts., 10450 Magnolia Ave., Santee, 92071

10 Warning Signs and Elder Law 101 * Join us to learn how to recognize common signs of the disease; the importance of early detection and benefits of a diagnosis and better understand the complex and confusing issues that are confronted when dealing with a diagnosis of dementia.

May 20 | 10AM-12PM | 4775 Viewridge Ave. San Diego, 92123 (*Part 1 of a 4 part series)

Exploring Care & Support Services As people living with dementia progress in their journey and lose the ability to use words, caregivers can learn how dementia affects communication and much more.

May 20 | Lakeside Library | 12428 Woodside Ave., Lakeside, 92040

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



 **ALZHEIMER'S
ASSOCIATION**
San Diego / Imperial Chapter

RESOURCES & INFORMATION

Presented by the Alzheimer's Association®



MAY 2025



Alzheimer's Association 24/7

Helpline: 800.272.3900

Call for free, around-the-clock help & the latest information.

Llame para obtener ayuda y información en español gratuita las 24 horas.



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

APPLY TO BECOME A VOLUNTEER COMMUNITY EDUCATOR

<https://volunteer.alz.org/volunteeropportunities/volunteer-opportunity-details/comm-ed-detail>

*BILINGUAL ENGLISH/SPANISH IN HIGH DEMAND



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