

# IN-PERSON EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## APRIL 2026

Advance registration is required. To register: scan the QR code at the top right corner of this flyer, click on the hyperlinks in the PDF, or call our Orange County chapter office at 949-426-8544. All times are PST.

### 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.

**Wednesday, April 8 | 10:00-11:30AM**

Trabuco Center

5701 Trabuco Rd, Irvine, CA 92620

Call Trabuco Senior Center at 949-724-7300  
or visit [yourirvine.org](http://yourirvine.org)

**EN ESPAÑOL**

### Vida saludable para tu cerebro y tu cuerpo

Descubra qué investigaciones han demostrado sobre las opciones de estilo de vida que pueden ayudarle a mantener su cerebro y cuerpo sanos a medida que envejece. Descubra maneras prácticas de incorporar cambios a un plan para un envejecimiento saludable.

**miércoles, 8 de abril | 1:00-2:30PM**

Orange Senior Center

170 S. Olive St., Orange, CA 92886

[CLICK HERE TO REGISTER](#)

### Building Brain-Healthy Habits

Research shows there are everyday habits you can build today to help protect your memory and thinking as you get older – even reducing your risk of cognitive decline and possibly dementia. Join us to learn about healthy habits for your brain; the brain-heart connection; why brain health is important at all ages, and how to build your personalized action plan for brain-healthy habits.

**Wednesday, April 15 | 12:30-1:30PM**

Yorba Linda Senior Center

4501 Casa Loma Ave, Yorba Linda, CA 92886

[CLICK HERE TO REGISTER](#)

### Legal & Financial Planning Workshop

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**Wednesday, April 29 | 5:00-8:00PM**

Alzheimer's Family Center

9451 Indianapolis Ave, Huntington Beach, CA 92646

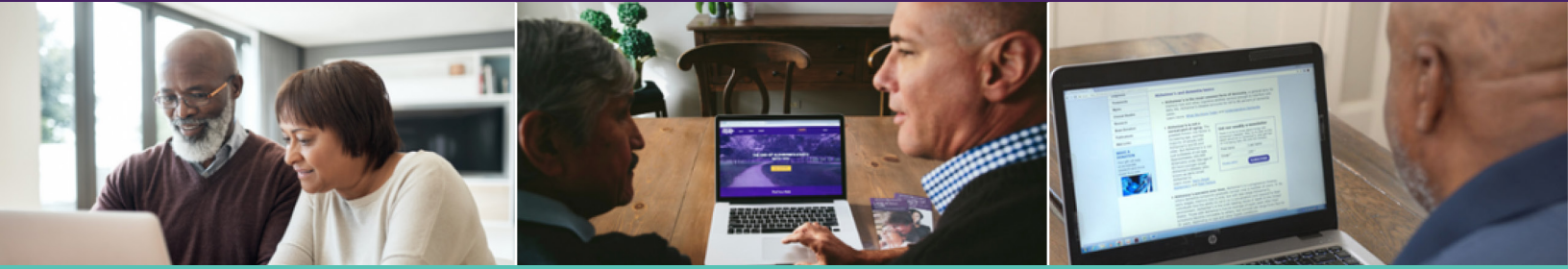
[CLICK HERE TO REGISTER](#)



Orange County Chapter

# VIRTUAL PROGRAMS

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Accessible by Zoom with the option to dial in via phone. Advance registration is required to receive login information. To register: scan the QR code at the top right corner of this flyer, click on the hyperlinks in the PDF, or call our Orange County chapter office at 949-426-8544. All times are PST.

### Communicating Effectively

As people living with dementia progress in their journey and lose the ability to use words, caregivers can discover new ways to communicate effectively in any stage of the disease. Learn how dementia affects communication, how person-centered approaches can improve communication and much more.

**Wednesday, April 1 | 1:00-2:30PM**

[REGISTER ONLINE](#)

**Friday, April 10 | 3:00-4:00PM**

[REGISTER ONLINE](#)

**Wednesday, April 22 | 10:00-11:00AM**

[REGISTER ONLINE](#)

### ALZ Talks: Opening the Door to New Alzheimer's Treatments

An accurate diagnosis is the first step to gaining access to new Alzheimer's treatments. Join us for a conversation about the diagnostic process, including cognitive testing, blood tests and PET imaging. Then, learn about current FDA-approved and emerging treatments. Gain an understanding of questions to ask and how to navigate the next steps of your health care team.

**Thursday, April 2 | 12:00-1:00PM**

[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.

**Thursday, April 2 | 2:00-3:00PM**

[REGISTER ONLINE](#)

### Responding to Dementia-Related Behaviors

Responding to Dementia-Related Behaviors details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed.

**Monday, April 6 | 2:00-3:30PM**

[REGISTER ONLINE](#)

### Exploring Care and Support Services

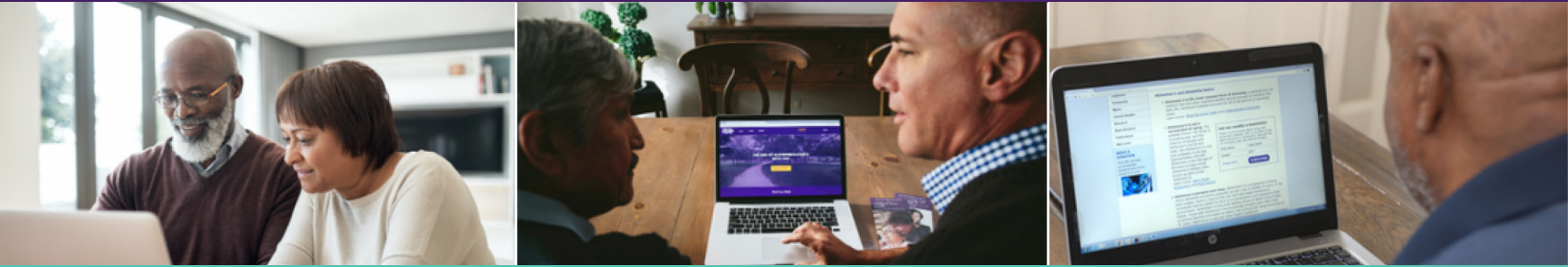
Examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care.

**Monday, April 13 | 2:00-3:30PM**

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### **Supporting Independence**

Supporting Independence 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.

**Thursday, April 16 | 10:00-11:00AM**

[REGISTER ONLINE](#)

**Friday, April 24 | 2:00-3:00PM**

[REGISTER ONLINE](#)

### **Managing Money: A Caregiver's Guide to Finances**

If you or someone you know is facing Alzheimer's disease, dementia or another chronic illness, it's never too early to put financial plans in place. Join us to learn tips for managing someone else's finances, how to prepare for future care costs and the benefits of early planning.

**Monday, April 20 | 2:00-3:30PM**

[REGISTER ONLINE](#)

### **Building Foundations of Caregiving**

Building Foundations of Caregiving explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

**Tuesday, April 21 | 10:00-11:00AM**

[REGISTER ONLINE](#)