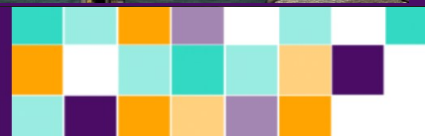


ALZHEIMER'S PROGRAM EDUCATION

Presented by the Alzheimer's Association®



DECEMBER 2025 IN PERSON PROGRAMS



Planning for the Holidays: Tips for Caregivers The holidays are often filled with sharing, laughter, and memories, but they can also bring stress, disappointment, or sadness. Caregivers may feel overwhelmed by maintaining traditions while providing care for their loved one with dementia. This program will provide tips for making the holidays enjoyable for all.

December 11 | 11AM-12PM | Meals on Wheels, 9590 Chesapeake Dr., San Diego, 92123

VIRTUAL PROGRAMS VIA ZOOM

Planning for the Holidays: Tips for Caregivers The holidays are often filled with sharing, laughter, and memories, but they can also bring stress, disappointment, or sadness. Caregivers may feel overwhelmed by maintaining traditions while providing care for their loved one with dementia. This program will provide tips for making the holidays enjoyable for all.

December 2 | 6-7PM PST AND December 3 | 11AM-12PM PST

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.

December 4 | 6-7:30PM PST

Guest Speaker: Andrew Inocelda, The Neurology Center. Medicare GUIDE model

The 10 Warning Signs of Alzheimer's Learn about the difference between normal aging and Alzheimer's, common warning signs, the importance of early detection and benefits of diagnosis and more. **December 9 | 6-7PM PST**

Healthy Living for your Brain & Body Learn about brain health, ways to reduce your risk for dementia, hear 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. **December 10 | 11AM-12PM PST**



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

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DECEMBER 2025 VOLUNTEER OPPORTUNITIES



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

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

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BECOME A VOLUNTEER COMMUNITY REPRESENTATIVE!
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