

JOIN US IN OCTOBER, NOVEMBER AND DECEMBER ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®

ENGLISH CLASSES

Building Foundations of Caregiving

Thursday, October 9, 2-3 p.m. | [Register](#)

10 Warning Signs of Alzheimer's

Tuesday, October 14, 2-3 p.m. | [Register](#)

Responding to Dementia-Related Behaviors

Tuesday, October 21, 10-11 a.m. | [Register](#)

Creating Dementia-Friendly Holidays and Celebrations

Wednesday, November 5, Noon-1 p.m. | [Register](#)

Understanding Alzheimer's and Dementia

Thursday, November 6, 2-3 p.m. | [Register](#)

Communicating Effectively

Thursday, November 13, 2-3 p.m. | [Register](#)

Navigating Dementia- From Diagnosis to Living Well

Tuesday, November 18, 10-11 a.m. | [Register](#)

Healthy Living for Your Brain and Body

Tuesday, December 2, 10-11 a.m. | [Register](#)

Supporting Independence

Thursday, December 11, 10-11 a.m. | [Register](#)

Exploring Care and Support Services

Tuesday, December 16, 2-3 p.m. | [Register](#)

SPANISH CLASSES

Understanding Alzheimer's and Dementia

Thursday, October 16, 6-7 p.m. | [Register](#)

Communicating Effectively

Thursday, November 20, 6-7 p.m. | [Register](#)

Healthy Living for Your Brain and Body

Thursday, December 18, 6-7 p.m. | [Register](#)

CHINESE CLASSES

10 Warning Signs of Alzheimer's (Mandarin)

Wednesday, October 22, 2-3 p.m. | [Register](#)

Healthy Living for Your Brain and Body (Cantonese)

Friday, November 14, 10-11 a.m. | [Register](#)

Responding to Dementia-Related Behaviors (Mandarin)

Tuesday, November 18, 2-3 p.m. | [Register](#)

Communicating Effectively (Mandarin)

Thursday, December 4, 10-11 a.m. | [Register](#)

Understanding Alzheimer's and Dementia (Mandarin)

Friday, December 12, 10-11 a.m. | [Register](#)

To register, please call 800.272.3900 or
visit us online at [alz.org/crf](https://www.alz.org/crf)

For on-demand recorded classes,
visit [alz.org/education](https://www.alz.org/education)



JOIN US IN OCTOBER, NOVEMBER AND DECEMBER EDUCATION CLASSES

For families, community members and people facing dementia

The Alzheimer's Association® offers a range of awareness and caregiver skill-building classes. The classes aim to help caregivers feel more prepared to handle the challenges that come with caring for someone living with dementia.

CREATING DEMENTIA-FRIENDLY HOLIDAYS AND CELEBRATIONS:

The holidays are a time when family and friends often come together. For families living with Alzheimer's and other dementias, the holidays can be challenging but with some planning and adjusted expectations, celebrations can still be happy, memorable occasions. Learn how to cope with the holidays and stay connected while caring for someone living with dementia.

AWARENESS PRESENTATION

The purpose of this presentation is to raise awareness of Alzheimer's and dementia, inform the community of Alzheimer's Association resources, and engage people in the Association's mission.

INTRODUCTION TO ALZHEIMER'S

This presentation provides a brief overview of Alzheimer's disease, dementia and the Alzheimer's Association services. Topics include the impact of Alzheimer's, risk factors, warning signs and how others can join the fight against the disease.

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.

10 WARNING SIGNS OF ALZHEIMER'S

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor.

UNDERSTANDING ALZHEIMER'S AND DEMENTIA

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

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

NAVIGATING DEMENTIA-FROM DIAGNOSIS TO LIVING WELL

Getting a diagnosis of Alzheimer's or any type of dementia can raise many questions. Join us to learn about the different stages of the disease, what support you'll need, how to cope with changes now and in the future, and if there are any treatments that could help. Hear from people living with dementia and experienced professionals as they share what's important to know, how to plan ahead, and what steps you can take to manage this journey.

ADVANCING THE SCIENCE: THE LATEST IN ALZHEIMER'S AND DEMENTIA RESEARCH

Alzheimer's is a global health problem with more than 7 million people living with the disease in the US alone. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions.

The Empowered Caregiver classes teach caregivers how to navigate the responsibilities of caring for someone living with dementia.

BUILDING FOUNDATIONS OF CAREGIVING

Explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

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.

COMMUNICATING EFFECTIVELY

Teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

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.

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.

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