

ALZHEIMER'S PROGRAM EDUCATION

Presented by the Alzheimer's Association®



JUNE IS

ALZHEIMER'S
& BRAIN
AWARENESS
MONTH



JUNE 2026

ALZHEIMER'S ASSOCIATION

ALZHEIMER'S
ASSOCIATION

San Diego / Imperial Chapter

IN PERSON PROGRAMS

“BUILDING BRAIN-HEALTHY HABITS” AT THE YMCA!

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.

JUNE 2 | 10-11AM | MCGRATH YMCA | 12006 CAMPO RD. SPRING VALLEY 91978

JUNE 12 | 10:30AM-12PM | JACKIE ROBINSON YMCA | 151 YMCA WAY 92102

JUNE 15 | 11AM-12PM | MISSION VALLEY YMCA | 5505 FRIARS RD 92110

JUNE 16 | 11AM-12PM | DAVIS YMCA | 8881 DALLAS ST. LA MESA 91942

JUNE 25 | 11:30AM-12:30PM | RANCHO YMCA | 9410 FAIRGROVE LN. 92129

IN PERSON PROGRAMS

Exploring Care & Support Services Learn how dementia affects communication, how person-centered approaches can improve communication and much more. June 23 | 10:30-11:30am

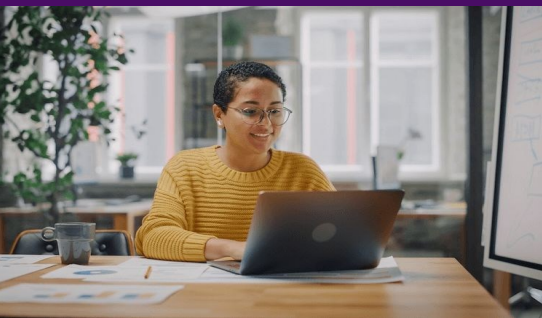
Sungarden Terrace, 2045 Skyline Dr.,
Lemon Grove, 91945

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



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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.

June 9 | 6-7PM PST | **June 25** | 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. **June 18** | 6-7PM PST | **June 30** | 6-7PM PST

Women and Alzheimer's Women face a higher risk of developing Alzheimer's Disease, and also are often the main caregivers for those with the disease. We will be joined by Paulette Cazares, MD, MPH, from Sharp Mesa Vista Hospital. Dr. Cazares is a PI at the Neurocognitive Research Center, and also serves as the medical director for Geriatric Psychiatry programming. **June 29** | 4-5PM PST

INFORMATION AND EVENTS

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>



DO WHAT YOU
LOVE TO END ALZ

ALZHEIMER'S ASSOCIATION

This event was formerly
called The Longest Day®.

GET STARTED

WALK TO END
ALZHEIMER'S

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