

# IN-PERSON EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## APRIL/ABRIL 2024

### 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.

**Tuesday, April 2 | 5:00-6:00PM**

Fountain Valley Library  
17635 Los Alamos St  
Fountain Valley, CA 92708

[REGISTER IN-PERSON](#)

**Monday, April 29 | 11:45AM-12:45PM**

Fullerton Family YMCA  
2000 Youth Way, Fullerton, CA, 92835

[REGISTER ONLINE](#)

### Effective Communications Strategies

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and learn tips to better communicate with people living with the disease.

**Thursday, April 4 | 10:30-11:30AM**

Villa Park Library  
17865 Santiago Blvd, Villa Park, CA 92861

[REGISTER IN-PERSON](#)

**Alzheimer's Association  
24/7 Helpline:  
800-272-3900**

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

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



Orange County Chapter

# ONLINE PROGRAMS

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## APRIL/ABRIL 2024

### ONLINE EDUCATION

Accessible by Zoom with the option to dial in via phone. Advance registration is required to receive login information. All times are PST.

#### 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.

Wednesday, April 3 | 5:30-6:30PM

[REGISTER ONLINE](#)

#### Understanding Alzheimer's and Dementia

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

Wednesday, April 17 | 5:30-6:30PM

[REGISTER ONLINE](#)

#### Effective Communications Strategies

Explore ways that Alzheimer's and other dementias affect an individual's ability to communicate across different stages, and learn tips to better communicate with people living with the disease.

Friday, April 19 | 1:00-2:00PM

[REGISTER ONLINE](#)

#### Understanding Dementia Behaviors

Review caregiver tips and strategies to respond to some common behaviors associated with dementia such as agitation, confusion, wandering, and more.

Friday, April 19 | 4:00-5:00PM

[REGISTER ONLINE](#)

### PROGRAMAS VIRTUALES

Accesible por Zoom con la opción de marcar por teléfono. Se requiere registro previo para recibir información de inicio de sesión. Todos los horarios son PST.

#### Conozca las 10 Señales de Advertencia

Participe en esta clase para que aprenda cuales son las 10 Señales de Advertencia de la enfermedad de Alzheimer. Aquí nosotros separamos los mitos de la realidad y discutimos los temores que la gente en América tiene acerca del Alzheimer. Escuche a personas que tienen la enfermedad hablar acerca de su experiencia y aprenda como reconocer las señales de advertencia en usted y otros.

miércoles 10 de abril | 5:30-6:30PM

[REGISTER ONLINE](#)



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