<table>
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<tr>
<th>Day &amp; Time</th>
<th>Over-the-Phone Education</th>
<th>Contact</th>
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<tr>
<td>Friday, January 4 1:00 – 2:00 p.m.</td>
<td>Effective Communication Strategies Learn to decode verbal and behavioral messages delivered by someone with dementia &amp; identify strategies to help you connect and communicate at each stage of the disease.</td>
<td>Pre-registration at least 1 day prior to teleconference required. To receive dial-in instructions, please call 800.272.3900.</td>
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<th>Day &amp; Time</th>
<th>In-Person Education</th>
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<tr>
<td>Thursday, January 10 10:00 – 11:30 a.m.</td>
<td>Understanding Alzheimer’s &amp; Dementia Learn about the difference between Alzheimer’s and dementia, risk factors, stages of the disease, treatments, research, and resources.</td>
<td>St. Joseph Heritage Healthcare Center for Health Promotion 2212 E. 4th St., Suite 301 (3rd Floor) Santa Ana, CA 92705</td>
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<tr>
<td>Monday, January 14 6:00 – 7:30 p.m.</td>
<td>Healthy Living for Your Brain &amp; Body Hear tips from the latest research and learn how to make lifestyle choices that may help you keep your brain &amp; body healthy as you age.</td>
<td>Fullerton Public Library 353 W. Commonwealth Ave. Fullerton, CA 92832</td>
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<tr>
<td>Wednesday, January 16 5:30 – 7:00 p.m.</td>
<td>Understanding and Responding to Dementia-Related Behavior Learn about some of the common triggers for behaviors associated with dementia, how to assess the person’s needs, and how to intervene effectively.</td>
<td>St. Jude Community Services 130 W. Bastanchury Rd. Fullerton, CA 92835</td>
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<td>Monday, January 21 3:00 – 4:30 p.m.</td>
<td>The 10 Warning Signs Alzheimer’s and other dementias cause changes in memory, thinking, and behavior that interfere with daily life. Join us to learn about ten common warning signs and what to watch for in yourself and others.</td>
<td>St. Joseph Heritage Healthcare Center for Health Promotion 2212 E. 4th St., Suite 301 (3rd Floor) Santa Ana, CA 92705</td>
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<tr>
<td>Tuesday, January 22 2:00 – 3:00 p.m.</td>
<td>Healthy Living for Your Brain &amp; Body Hear tips from the latest research and learn how to make lifestyle choices that may help you keep your brain &amp; body healthy as you age.</td>
<td>Los Alamitos-Rossmoor Library 12700 Montecito Rd. Seal Beach, CA 90740</td>
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<tr>
<td>Friday, January 25 5:30 – 7:30 p.m.</td>
<td>Legal &amp; Financial Planning Workshop The diagnosis of Alzheimer’s disease or related dementia makes planning for the future more important than ever. Join us to learn more about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.</td>
<td>St. Jude Community Services 130 W. Bastanchury Rd. Fullerton, CA 92835</td>
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RSVP required for classes – call 800.272.3900
Save the Date: Classes and Events Coming in February 2019!

Special 3-Part Series for Individuals & Families Living with Early Memory Loss

If you have Alzheimer’s disease, Mild Cognitive Impairment or another form of dementia, you are not alone. Your diagnosis is now part of your life, but it does not have to define who you are. The Alzheimer’s Association has resources and information to help you and those close to you through this journey.

If you or a loved one is experiencing mild memory loss, join us for this 3-part series to connect with others meeting the same challenges and learn what you need to know to navigate this chapter of your life. Family members are strongly encouraged to attend.

February 13th, 20th and 27th In Mission Viejo
For details, please contact Larissa Haiker at 949.771.0306 or lthaiker@alz.org.

2019 State Advocacy Day

Tuesday, February 5, 2019
9:30 a.m. – 5:00 p.m.

- Educate California’s new Governor
- Advocate for early detection and timely diagnosis
- Meet with state legislators and staff
- Tell your story and speak for 2.2 million Californians impacted by dementia

Registration is now open!
Registration fee: $50 (includes breakfast, lunch & materials) Scholarships available to cover registration & travel costs.
Questions about the event or registration?
Contact our Public Policy Manager, Daniel Gaytan at dgaytan@alz.org or 949.272.8299

ADDITIONAL NO COST SUPPORT SERVICES

24/7 HELPLINE: 800.272.3900
Our expert staff is available whenever you need us to provide disease information, support and local resources. Call us at 800.272.3900.

ALZCONNECTED.ORG
Our free online message boards are for anyone affected by Alzheimer’s or related dementias. Join the conversation at alzconnected.org.

ALZ.ORG/OC
Our award-winning website offers access to reliable information and resources, including web portals in Spanish, Chinese, Japanese, Korean, and Vietnamese. Visit us at alz.org/oc.

OUR VISION: A world without Alzheimer’s disease.
OUR MISSION: To eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health.