

Thanks to generous donations, all education programs are free of charge.

Day & Time	Over-the-Phone Education	Contact
Friday, March 6 1:00 – 2:00 p.m.	Understanding Alzheimer's & Dementia Learn about the difference between Alzheimer's and dementia, risk factors, stages of the disease, treatments, research, and resources.	Pre-registration at least 1 day prior to teleconference required. To receive dial-in instructions, please call 800.272.3900 .

Day & Time	In-Person Education	Location
Wednesday, March 4 1:30 – 2:30 p.m.	Healthy Living for Your Brain & Body Join us to hear what research has shown in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Learn how to make lifestyle choices that may help you keep your brain and body healthy as you age.	Sea Country Senior & Community Center 24602 Aliso Creek Rd Laguna Niguel, CA 92677
Wednesday, March 4 5:30 – 7:00 p.m.	Understanding Alzheimer's & Dementia Learn about the difference between Alzheimer's and dementia, risk factors, stages of the disease, treatments, research, and resources.	St. Jude Community Services 130 W. Bastanchury Rd. Fullerton, CA 92835
Tuesday, March 10 6:00 – 7:30 p.m.	Effective Communication Strategies Learn to decode verbal and behavioral messages delivered by someone with dementia & identify strategies to help you connect and communicate at each stage of the disease.	Huntington Beach Library 7111 Talbert Ave. Huntington Beach, CA 92648
Thursday, March 12 3:00 – 4:30 p.m.	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.	St. Joseph Heritage Healthcare Center for Health Promotion 2212 E. 4th St., Ste. 301 (3 rd Floor) Santa Ana, CA 92705
Saturday, March 14 1:00 – 2:00 p.m.	10 Warning Signs of Alzheimer's 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.	Buena Park Library 7150 La Palma Ave. Buena Park, CA 90620
Wednesday, March 18 5:30 – 7:00 p.m.	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.	St. Jude Community Services 130 W. Bastanchury Rd. Fullerton, CA 92835
Tuesday, March 24 2:00 – 3:30 p.m.	Healthy Living for Your Brain & Body Join us to hear what research has shown in the areas of diet and nutrition, exercise, cognitive activity, and social engagement. Learn how to make lifestyle choices that may help you keep your brain and body healthy as you age.	Los Alamitos-Rossmoor Library 12700 Montecito Rd. Seal Beach, CA 90740
Saturday, March 28 2:00 – 3:30 p.m.	10 Warning Signs of Alzheimer's 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.	Rancho Santa Margarita Library 30902 La Promesa Rancho Santa Margarita, CA 92688

RSVP required for classes – call 800.272.3900

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.



800.272.3900 | alz.org/oc



Support Groups for Family Caregivers

For questions and additional information, call 800.272.3900

<p>Brea Oakmont of Capriana 460 S. La Floresta Brea, 92823 2nd Tuesday each month at 7:00 pm</p>	<p>Los Alamitos Cottonwood Church - Bldg. C, Room C111 4505 Katella Ave. Los Alamitos, 90720 (<i>park in lot 1 or 2, campus is large - allow time</i>) 1st Tuesday each month at 2:30 pm</p>
<p>Garden Grove Brookdale Garden Grove 10200 Chapman Ave. Garden Grove, 92840 Last Wednesday each month at 6:00 pm</p>	<p>Mission Viejo Mt. of Olives Church Adult Day Program New Creation Center 24772 Chrisanta Dr. Mission Viejo, 92691 (<i>enter 2nd driveway after church</i>) 1st & 3rd Wednesday each month at 10:00 am</p>
<p>Huntington Beach Alzheimer's Family Center 9451 Indianapolis Ave. Huntington Beach, 92646 2nd & 4th Wednesday each month at 6:00 pm</p>	<p>Orange Alzheimer's Association 770 The City Dr. South, Suite 7400, (7th Floor) Orange, 92868 (<i>parking available behind building</i>) 3rd Thursday each month at 1:00 pm</p>
<p>Irvine Sand Canyon Medical Center 16100 Sand Canyon Ave., Ste. 150 Irvine, 92618 (<i>not in main hospital, look for green awnings</i>) 3rd Tuesday each month at 12:00 pm</p>	<p>San Clemente Dorothy Visser Senior Center 117 Avenida Victoria San Clemente, CA 92672 1st Thursday each month at 11:00 am</p>
<p>Vietnamese Support Group – Westminster County Community Service Center 15496 Magnolia Ave., Suite111 Westminster, CA 92683 3rd Thursday each month at 10:00 am Contact: 949.288.6157</p>	<p>Spanish Telephone Support Group Join our monthly telephone support group from the comfort of your home. 4th Tuesday each month at 1:00 pm</p>

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.

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