<table>
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<tr>
<th>Day &amp; Time</th>
<th>In-Person Education</th>
<th>Location</th>
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| Wednesday, May 1 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                                                     |
| Thursday, May 9 10:00 – 11:30 a.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. Joseph Heritage Healthcare Center for Health Promotion  
2212 E. 4th St., Suite 301 (3rd Floor)  
Santa Ana, CA 92705                                                    |
| Friday, May 10 1:00 – 2:30 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. | HOAG Health Center  
16405 Sand Canyon (Neurosciences Conference Room 2nd Floor)  
Irvine, CA 92618                                                       |
| Monday, May 13 6:00 – 8:00 p.m. | Understanding Care Options  
Join us to learn about respite care options including informal care services and senior living options, as well as managing and coping with difficult feelings. | Fullerton Public Library  
353 W. Commonwealth Ave.  
Fullerton, CA 92832                                                     |
| Wednesday, May 15 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                                                     |
| Thursday Evenings May 16, 23, 30 | Special 3-Part Series for Individuals & Families Living with Early Memory Loss  
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. | The Alzheimer’s Association  
770 The City Drive South Ste. 7400  
Orange, CA 92868                                                        |
| Monday, May 20 3:00 – 4:30 p.m. | 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. | St. Joseph Heritage Healthcare Center for Health Promotion  
2212 E. 4th St., Suite 301 (3rd Floor)  
Santa Ana, CA 92705                                                    |
| Saturday, May 25 2:00 – 3:30 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. | El Toro Library  
24672 Raymond Way  
Lake Forest, CA 92630                                                   |
| Tuesday, May 28 2:00 – 3:30 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. | Los Alamitos-Rossmoor Library  
12700 Montecito Rd.  
Seal Beach, CA 90740                                                      |

**RSVP requested for all classes – call 800.272.3900**

**Education Classes & Additional Info Continued on Back**

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**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.
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| **Wednesday, May 29**      | **Healthy Living for Your Brain & Body**  
In honor of National Senior Health Day, 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. | **Alzheimer’s Association**  
770 The City Drive South, Suite 7400  
Orange, CA 92868 |
| 3:00 – 4:30 p.m.           |                                                                                                 |                               |

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| **Friday, May 10**         | **Understanding Care Options**  
Join us to learn about respite care options including informal care services and senior living options, as well as managing and coping with difficult feelings. | Pre-registration at least 1 day prior to teleconference required.  
To receive dial-in instructions, please call 800.272.3900. |
| 1:00 – 2:30 p.m.           |                                                                                                 |                              |

**Women #ENDALZ Luncheon**

**Fashion Island Hotel**  
690 Newport Center Dr., Newport Beach, CA 92660

Women are at the epicenter of Alzheimer’s disease. Almost two-thirds of Americans with the disease are women and 65% of caregivers of people with Alzheimer’s are women.  
Join us for this fundraiser event as we honor the women affected by this disease.

To purchase tickets and more information, contact Kenzie Durham, Mass Market Manager at 949.426.8544 or kdurham@alz.org

**SAVE THE DATE – WALK TO END ALZHEIMER’S**

**Irvine**  
September 28th

**Huntington Beach**  
October 5th

**San Clemente**  
October 13th

Start your team today at alz.org/walk

**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.