

FREE EDUCATION CLASSES

alzheimer's  association®

Visit
alz.org/crf

or call

800.272.3900

to register

Due to COVID-19, all classes are being offered virtually via online webinar and conference call.

JULY 2020

Understanding Alzheimer's & Dementia

Wed. July 1, 5:30-6:30 p.m. | [REGISTER](#)

Wed. July 8, 6-7 p.m. | [REGISTER](#)

Thurs. July 9, 3-4 p.m. | [REGISTER](#)

Thurs. July 30, 1-2 p.m. | [REGISTER](#)

10 Warning Signs of Alzheimer's

Mon. July 13, 11-12 noon | [REGISTER](#)

Thurs. July 16, 9:30-10:30 a.m. | [REGISTER](#)

Healthy Living for Your Brain & Body

Mon. July 20, 2-3 p.m. | [REGISTER](#)

Thurs. July 23, 10-12 noon | [REGISTER](#)

Effective Communication Strategies

Thurs. July 9, 1-3 p.m. | [REGISTER](#)

Fri. July 10, 1-2 p.m. | [REGISTER](#)

Legal & Financial Planning

Wed. July 22, 12:30-3 p.m. | [REGISTER](#)

Understanding & Responding to Dementia-Related Behaviors

Wed. July 15, 5:30-6:30 p.m. | [REGISTER](#)

Tues. July 21, 9-11 a.m. | [REGISTER](#)

Caring for Someone in Middle Stage (3 Part Series)

Part 1: Wed. July 1, 10-12 noon | [REGISTER](#)

Part 2: Wed. July 8, 10-12 noon | [REGISTER](#)

Part 3: Wed. July 15, 10-12 noon | [REGISTER](#)

Caring for Someone in Middle Stage (3 Part Series)

Part 1: Fri. July 17, 10-11:30 a.m. | [REGISTER](#)

Part 2: Fri. July 24, 10-11:30 a.m. | [REGISTER](#)

Part 3: Fri. July 31, 10-11:30 a.m. | [REGISTER](#)

Covid-19 & Caregiving

Mon. July 27, 1-2 p.m. | [REGISTER](#)

Clases en Español

Conozca las 10 Señales

Martes, 21 de Julio, 4:30-5:30 p.m. | [REGISTRARSE](#)

Lo Basico:

Martes, 14 de Julio, 12-1 p.m. | [REGISTRARSE](#)

Miércoles, 29 de Julio, 10-11 a.m. | [REGISTRARSE](#)

Cuerpo y Cerebro Sano es Vida Sana:

Martes, 7 de Julio, 10-11 a.m. | [REGISTRARSE](#)

Estrategias Efectivas de Comunicación:

Martes, 28 de Julio, 10-11 a.m. | [REGISTRARSE](#)

Viviendo con Alzheimer - Para Cuidadores de Personas en la Etapa Intermedia: (3 partes)

Vier. 10 de Julio, 8:30-10:30 a.m. | [REGISTRARSE](#)

Vier. 17 de Julio, 8:30-10:30 a.m. | [REGISTRARSE](#)

Vier. 24 de Julio, 8:30-10:30 a.m. | [REGISTRARSE](#)

REGISTER BY VISITING ALZ.ORG/CRF OR CALLING **800.272.3900**



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COURSE DESCRIPTIONS

DISEASE EDUCATION:

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 you can incorporate changes into a plan for healthy aging.

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 ten common warning signs and what to watch for in yourself and others.

Understanding Alzheimer's and Dementia

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments, and ways the Alzheimer's Association can help.

ESPECIALLY FOR CAREGIVERS:

Effective Communication Strategies

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

Understanding and Responding to Dementia-Related Behavior

Learn about some of the common triggers for behaviors associated with dementia, how to assess a person's needs, and how to intervene effectively.

Living with Alzheimer's for Caregivers: Middle-Stage – 3 part course

Learn helpful strategies to provide safe, effective, comfortable care in the middle stage of Alzheimer's.

Special Class: COVID-19 & Caregiving

Caring for someone living with dementia during the COVID-19 pandemic adds unique challenges for caregivers. This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.

PLANNING AHEAD

Legal and Financial Planning Workshop

Learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you.

EN ESPAÑOL

Conozca las 10 Señales De Advertencia: La Detección Temprana es Importante

Participe en esta clase para que aprenda cuales son las 10 Señales de Advertencia de la enfermedad de Alzheimer

Lo Básico: La Pérdida de Memoria, La Demencia, y La Enfermedad de Alzheimer

Aprenda acerca los síntomas del Alzheimer y otras demencias y cuáles son los pasos a seguir si usted o un ser querido recibe un diagnóstico de Alzheimer

Cuerpo y Cerebro Sano es Vida Sana: Consejos de las Últimas Investigaciones

Únase a nosotros para conocer las investigaciones en las áreas de dieta y nutrición, ejercicio, actividad cognitiva y participación social, y use herramientas prácticas que lo ayudarán a incorporar estas recomendaciones en un plan para el envejecimiento saludable.

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