

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.

September 2020

Healthy Living for Your Brain & Body

Wed. Sept. 2, 11-12:00 noon | [REGISTER](#)

Wed. Sept. 8, 5-6 p.m. | [REGISTER](#)

Tues. Sept. 15, 12-1 p.m. | [REGISTER](#)

10 Warning Signs of Alzheimer's

Thurs. Sept. 10, 12-1 p.m. | [REGISTER](#)

Thurs. Sept. 17, 1-2 p.m. | [REGISTER](#)

Wed. Sept. 23, 10-11 a.m. | [REGISTER](#)

Understanding Alzheimer's & Dementia

Wed. Sept. 2, 5:30-6:30 p.m. | [REGISTER](#)

Mon. Sept. 21, 2-3 p.m. | [REGISTER](#)

Wed. Sept. 23, 6-7 p.m. | [REGISTER](#)

Effective Communication Strategies

Thurs. Sept 10, 3-4 p.m. | [REGISTER](#)

Wed. Sept. 16, 10-12 noon | [REGISTER](#)

Understanding & Responding to Dementia-Related Behaviors

Wed. Sept. 9, 2-4 p.m. | [REGISTER](#)

Wed. Sept. 16, 5:30-6:30 p.m. | [REGISTER](#)

Thurs. Sept. 17, 6-7:30 p.m. | [REGISTER](#)

Thurs. Sept. 24, 1-2:30 p.m. | [REGISTER](#)

Living with Alzheimer's: For Caregivers – Middle Stage (3 Part Series)

Part 1: Sat. Sept. 12, 1-2:30 p.m. | [REGISTER](#)

Part 2: Sat. Sept. 19, 1-2:30 p.m. | [REGISTER](#)

Part 3: Sat. Sept. 26, 1-2:30 p.m. | [REGISTER](#)

Legal & Financial Planning

Tues. Sept. 15, 9-11 a.m. | [REGISTER](#)

Living with Early Stage Memory Loss (3 Part Series)

Tues. Sept. 15, 10-11:30 a.m. | [REGISTER](#)

Tues. Sept. 22, 10-11:30 a.m. | [REGISTER](#)

Tues. Sept. 29, 10-11:30 a.m. | [REGISTER](#)

Clases en Español

Lo Basico:

Lunes 21 de septiembre, 10-11 a.m.

| [REGÍSTRESE](#)

Conozca las 10 Señales de Advertencia:

Miercoles 30 de septiembre, 10-11 a.m.

| [REGÍSTRESE](#)

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



To visit your local chapter, go to alz.org/oc
or follow us @endalzoc

alzheimer's 
association®

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.

Caring for Someone with Mid-Stage Alzheimer's – 3 Part Series

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

PLANNING AHEAD

Legal and Financial Planning

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.

EARLY MEMORY LOSS

Living with Early Memory Loss – 3 Part Series

This course is designed specifically for persons experiencing early memory loss or diagnosed with early Alzheimer's, and their care partners. Learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

EN ESPAÑOL

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

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

**TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT
US ONLINE AT ALZ.ORG/CRF**