ONLINE EDUCATION PROGRAMS
Presented by the Alzheimer's Association®

AUGUST 2023

ONLINE EDUCATION
Accessible by Zoom with the option to dial in via phone. Advance registration is required to receive login information. All times are PST

Advancing the Science: The Latest in Alzheimer's and Dementia Research
Friday, August 4, 12-1pm | REGISTER

10 Warning Signs of Alzheimer’s
Thursday, August 10, 1-2 pm | REGISTER

Strategies for Building Effective Care Teams for Family Members
Wednesday, August 16, 4-5 pm | REGISTER

Understanding and Responding to Dementia-Related Behavior
Thursday, August 17, 6 -7:15 pm | REGISTER

Understanding Alzheimer’s & Dementia
Wednesday, August 16, 6-7 pm | REGISTER
Thursday, August 24,11-12 pm | REGISTER

Managing Money: A Caregivers Guide to Finance
Thursday, August 31, 6-7:15 pm| REGISTER

ON DEMAND EDUCATION
Accessible online, 24 hours a day. Please click on a program title below for more information.

Dementia Conversations
Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

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.

Healthy Living for Your Brain and Body: Tips from the Latest Research
Join us to learn about the latest research providing insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

SEEKING VOLUNTEERS
JOIN OUR VOLUNTEER ORIENTATION
Last Wednesday of the Month
12-1PM | ZOOM
join at bit.ly/volunteer_alz

CLASES EN ESPAÑOL
Avanzando la ciencia: lo más reciente en las investigaciones de la enfermedad de Alzheimer y la demencia
Jueves, 31 de agosto, 1 -2 pm Regístrese

ALZHEIMER’S ASSOCIATION®
JOIN US
ONLINE SUPPORT GROUPS

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Support Groups for Caregivers

**Virtual Caregiver Support Groups**
1st and 3rd **Mondays**, 5:30 - 7 pm.
To RSVP contact Linda Loera at lloera@alz.org

3rd **Saturday**, 10 - 11:30 am.
To RSVP contact Sivana Lavine at sclavine@alz.org

**Mandarin Virtual Caregiver Support Group**
3rd **Sunday**, 4:30 - 6 pm. To RSVP contact Rebecca Pai at rebecca@feelingpampered.com

**In Person Caregiver Support Group**
Twice a month in Westwood. Contact Yael Wyte at ywyte@alz.org

**Younger Onset Caregiver Group**
2nd **Tuesday**, 12 - 1:30 pm.
To RSVP contact Yael Wyte at ywyte@alz.org

**LGBTQ Caregiver Support Group**
2nd and 4th **Thursdays** 12 - 1:30 pm. To RSVP contact Yael Wyte at ywyte@alz.org

**Young Adult Caregiver Support Group**
To RSVP contact Yael Wyte at ywyte@alz.org

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Grupo de Apoyo en Español

**Grupo de Apoyo Telefonico para Cuidadores**
2do y 4to martes de cada mes, 1 - 2:30 pm.
Para mas informacion comuniquese con Linda Loera al (213) 220-0713 o lloera@alz.org.

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**Early Stage Social Engagement**

Free virtual social activities to connect with others living with early memory loss. Care partners welcome!

**Coffee and Conversation**
Tuesday, August 8 & 22 at 10 am

Connect with like individuals and care partners, to discuss current events and a variety of topics. To RSVP, contact Tina Wilson at tewilson@alz.org.

**Museum of Art and History Virtual Museum Tour**
Thursday, August 17 at 2 pm

Join the Museum of Art and History (MOAH) Educators to learn about history, art, music and more. To RSVP, contact Tina Wilson at tewilson@alz.org.

**TO REGISTER OR LEARN MORE, PLEASE CALL 800.272.3900 OR ONLINE AT ALZ.ORG/CRF**