Healthy Living for Your Brain and Body
Thursday, July 1, 10-11 AM PDT | Register

10 Warning Signs of Alzheimer’s
Thursday, July 8, 1-2 PM PDT | Register
Thursday, July 29, 10-11 AM PDT | Register

Understanding Alzheimer’s and Dementia
Wednesday, July 7, 5:30-6:30 PM PDT | Register
Tuesday, July 13, 1-2 PM PDT | Register

Effective Communication Strategies
Thursday, July 8, 3-4 PM PDT | Register
Thursday, July 22, 10-11 AM PDT | Register

Understanding and Responding to Dementia Related Behavior
Wednesday, July 21, 5:30-6:30 PM PDT | Register
Wednesday, July 28, 6-7 PM PDT | Register

Living with Alzheimer’s: Middle Stage (3 Part Series)
Registration and attendance for all three requested.
Tuesday, July 13, 10-11:30 AM PDT | Register
Tuesday, July 20, 10-11:30 AM PDT | Register
Tuesday, July 27, 10-11:30 AM PDT | Register

Living with Alzheimer’s: For Early Stage Caregivers (3 Part Series)
Registration and attendance for all three requested.
Monday, July 12, 1-2:30 PM PDT | Register
Monday, July 19, 1-2:30 PM PDT | Register
Monday, July 26, 1-2:30 PM PDT | Register

Legal and Financial Planning
Friday, July 23, 10-11:30 AM PDT | Register

Dementia Conversations
Thursday, July 15, 10-11:00 AM PDT | Register

Savvy Caregiver Workshop Series
A six week virtual class designed to help caregivers and families develop a better understanding of the disease. Series begins on August 11, 10-12pm. To register contact Michelle Quiroga-Diaz at (818) 446-1687 or mquirogadiaz@alz.org

Clases en Español
Regístrese aquí

Estrategias Efectivas de Comunicación
Jueves, 8 de julio, 10-12 PM PDT

10 Señales de Advertencia de Alzheimer
Jueves, 22 de julio, 10-12 PM PDT

Cuerpo y Cerebro Sano es Vida Sana: Consejos de las Últimas Investigaciones
Jueves, 29 de julio, 5:30-6:30 PM PDT

TUNE IN AT FACEBOOK.COM/SOCALZ
Support Groups for Caregivers
First & Third Monday of the month, 5:30-7 PM PDT
Last Monday of the month, 7-9 PM PDT
Second Tuesday of the month, 7-9 PM PDT
Second Wednesday of the month, 5-6 PM PDT
Second, Third, & Fourth Wednesday, 10-12 PM PDT
Third Wednesday of the month, 10:30-12 PM PDT
Second Thursday of the month, 2:30-4 PM PDT
Second Thursday of the month, 5:30-6:30 PM PDT
Third Thursday of the month, 10-11:30 AM PDT
Fourth Thursday of the month, 6-7:30 PM PDT
First Friday of the month, 9-10 AM PDT
Second Friday of the month, 9:30-10:30 AM PDT
Third Saturday of the month, 10-11:30 AM PDT
To join a support group, please call 800.272.3900

Early Stage Social Engagement
Join us for free virtual social activities and connect with others living with early memory loss. Care partners welcome!

• Alz Explorer
Wednesday, July 7, 14, 21, & 28 at 3-4 PM PDT
Join Alz Explorer for different virtual activities such as master gardening, magic, cooking, road trips and much more. RSVP with Jennifer Zuckerman at (760) 996-0006 or email jlzuckerman@alz.org

• Coffee and Conversation
Tuesday, July 6 & 20 at 10-11:30 AM PDT
Connect with like individuals and care partners, to discuss current events and a variety of topics. To RSVP, contact Michelle Quiroga-Diaz at (818) 446-1687 or mquirogadiaz@alz.org

• Hammer Museum Virtual Tour
Friday, July 2 & 16 at 11-12 PM PST
Join Hammer Museum Student Educators for a virtual conversation about historic and contemporary works of art. RSVP with Yael Wyte at ywyte@alz.org

Grupos de Apoyo en Español
Martes, 13 y 27 de julio, 1-2:30 PM PST
Para registrarse para el Grupo de Apoyo Telefónico, comuníquese con Linda Loera al (213) 220-0713 o lloera@alz.org.