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

Strategies for Building Effective Care Teams for Family Members
Tuesday, October 17, 11-12 pm | REGISTER

Advancing the Science: The Latest in Alzheimer's and Dementia Research
Wednesday, October 4, 1-2 pm | REGISTER

Effective Communication Strategies
Thursday, October 12, 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-Driving, Doctor Visits, Legal & Financial Planning
Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

Understanding Alzheimer's and Dementia
Learn about the difference between Alzheimer's and dementia, stages, risk factors, and more.

10 Warning Signs of Alzheimer's
Learn the 10 Warning Signs of Alzheimer's disease, hear from people who have the disease, and find out how to recognize the signs in yourself and others.

IN-PERSON EDUCATION
Healthy Living for Your Brain and Body
Tuesday, October 10, 11:00 - 12:00 pm | REGISTER
Tuesday, October 24, 10:00 - 11:00 am | REGISTER

In Person Early Stage Engagement at the Wende Museum
Friday, October 6th 10-11:30 am | RSVP to Yael Wyte MSW @ ywyte@alz.org

CLASES EN ESPAÑOL

10 Señales de advertencia del Alzheimer's
Martes, 24 de octubre, 11am-12 pm | Registrese

Cuerpo y cerebro sano es vida sana: Consejos de las Últimas Investigaciones
miércoles, 25 de octubre, 11am-12 pm | Para mas informacion comuníquese con Linda Loera al (213) 220-0713 o lloera@alz.org.
Support Groups for Caregivers
All times are PST

**Virtual Caregiver Support Groups**
1st and 3rd **Monday**, 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

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

**Young Adult Virtual Caregiver Group**
Please contact Yael Wyte, MSW at ywyte@alz.org or 310-912-9120.

**In Person Caregiver Support Groups**
4th **Wednesday**, 9:30 am -11:00 am. To RSVP contact Michelle Quiroga-Diaz at mquirogadiaz@onegeneration.org

1st **Wednesday**, 10:30 am. To RSVP contact Karen Sidney karen@karensidney.com or (310) 880-0399

**LGBTQ Caregiver In Person Support Group**
2nd **Monday**, 2 - 3 pm.
To RSVP contact Tina Wilson at tewilson@alz.org

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**Grupo de Apoyo en Español**

Grupo de Apoyo Telefónico para Cuidadores 2do y 4to martes de cada mes, 1 - 2:30 pm.
Para más información comuníquese con Linda Loera al (213) 220-0713 o lloera@alz.org.

**Early Stage Social Engagement**

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

**Coffee and Conversation**
Tuesday, October 10 & 24 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, October 12 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.