

ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



January 2022

Healthy Living for Your Brain and Body

Tuesday, January 11, 11-12 PM PST | [Register](#)
Thursday, January 27, 10-11 AM PST | [Register](#)

10 Warning Signs of Alzheimer's

Thursday, January 13, 10-11 AM PST | [Register](#)
Tuesday, January 25, 11-12 PM PST | [Register](#)

Understanding Alzheimer's and Dementia

Wednesday, January 5, 5:30-6:30 PM PST | [Register](#)
Wednesday, January 26, 12-1:30 PM PST | [Register](#)

Effective Communication Strategies

Thursday, January 13, 3-4 PM PST | [Register](#)

Understanding and Responding to Dementia-Related Behavior

Wednesday, January 19, 5:30 - 6:30 PM PST | [Register](#)

Dementia Conversations - Driving, Doctor Visits, and Making Plans

Thursday, January 27, 5:30 - 6:30 PM PST | [Register](#)

New Advances in Alzheimer's Treatments

Tuesday, January 18, 5:30 - 6:30 PM PST | [Register](#)

 **LIVE SERIES**

Every Thursday in January at 1 PM PST

TUNE IN AT FACEBOOK.COM/SOCALZ

Clases en Español [Regístrese aquí](#)

Conozca las 10 Señales de Advertencia

Miércoles, 5 de enero, 3:30-4:30 PM PST

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

Miércoles, 19 de enero, 10-11 AM PST

Información para Entender la Enfermedad de Alzheimer y la Demencia

Jueves, 20 de enero, 10-11 AM PST

Alzheimer's Association 24/7 Helpline

Call **800.272.3900** for free,
around-the-clock help and the latest
information. 

Línea de Ayuda de la Alzheimer's Association las 24 horas 7 días.

Llame al **800.272.3900** para obtener ayuda y
información en español gratuita las 24 horas.

JOIN US ONLINE SUPPORT GROUPS

Presented by the Alzheimer's Association®



Ræ ~ æ ^ ÁEGG

Support Groups for Caregivers

First & Third **Monday** of the month, 5:30-7 PM PST
Every **Tuesday** of the month, 10-12 PM PST
Second **Wednesday** of the month, 5-6 PM PST
Second, Third, & Fourth **Wednesday**, 10-12 PM PST
Third **Wednesday** of the month, 10:30-12 PM PST
Every **Thursday** of the month, 9-12 PM PST
Second **Thursday** of the month, 2:30-4 PM PST
Second **Thursday** of the month, 5:30-6:30 PM PST
Third **Thursday** of the month, 10-11:30 AM PST
Fourth **Thursday** of the month, 6-7:30 PM PST
First **Friday** of the month, 9-10 AM PST
Second **Friday** of the month, 9:30-10:30 AM PST
Third **Saturday** of the month, 10-11:30 AM PST

To join a support group, please call **800.272.3900**

Caregiver Support Group for Lewy Body Dementia

First **Wednesday** of the month, 6 PM PST
For more info, contact Yael Wyte at ywyte@alz.org

Grupo de Apoyo en Español

Martes, 11 y 25 de enero, 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.

Early Stage Social Engagement

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

• **Coffee and Conversation**

Tuesday, January 11 & 25 at 10-11:30 AM PST
Connect with like individuals and care partners,
to discuss current events and a variety of topics.
To RSVP, contact Sivana Lavine at (818) 446-
1573 or sclavine@alz.org

• **Hammer Museum Virtual Tour**

Friday, January 21 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