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

Clases en Español
Regístrate 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.

Every Thursday in January at 1 PM PST
TUNE IN AT FACEBOOK.COM/SOCALZ
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

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

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.