Healthy Living for Your Brain and Body
Tuesday, November 9, 1-2 PM PST | Register

10 Warning Signs of Alzheimer’s
Tuesday, November 9, 11-12 PM PST | Register
Thursday, November 18, 12-1 PM PST | Register
Tuesday, November 30, 10-11 AM PST | Register

Understanding Alzheimer’s and Dementia
Wednesday, November 3, 5:30-6:30 PM PST | Register
Tuesday, November 16, 3-4 PM PST | Register

Effective Communication Strategies
Thursday, November 11, 3-4 PM PST | Register
Monday, November 29, 10-11 AM PST | Register

Understanding and Responding to Dementia Related Behavior
Wednesday, November 17, 5:30-6:30 PM PST | Register

Living with Alzheimer’s: Early Stage (3 Part Series)
Registration and attendance for all three requested.
Monday, November 1, 1-2:30 PM PST | Register
Monday, November 8, 1-2:30 PM PST | Register
Monday, November 15, 1-2:30 PM PST | Register

Living with Alzheimer’s: Mid Stage (3 Part Series)
Registration and attendance for all three requested.
Friday, November 5, 10-11:30 AM PST | Register
Friday, November 12, 10-11:30 AM PST | Register
Friday, November 19, 10-11:30 AM PST | Register

Legal and Financial Planning
Friday, November 19, 1-2:30 PM PST | Register

Research
New Advances in Alzheimer’s Treatments
Friday, November 5, 11-12 PM PST Register
Learn about Aducanumab, a new advancement in Alzheimer’s treatment. This program will provide an overview of how Aducanumab works, who are the intended candidates to receive the treatment, availability, and more.

Events
Advancing Health Equity through Black Participation in Alzheimer’s Research
Register
Wednesday, November 10, 12-1 PM PST

Clases en Español
Regístrese aquí

10 Señales de Advertencia de Alzheimer
Jueves, 4 de noviembre, 5:30-6:30 PM PST

Estrategias Efectivas de Comunicación
Miércoles, 10 de noviembre, 11-12 PM PST

Cuerpo y Cerebro Sano es Vida Sana
Consejos de las Últimas Investigaciones
Martes, 30 de noviembre, 11-12 PM PST

TUNED 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

Grupo de Apoyo en Español
Martes, 9 y 23 de noviembre, 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!

Alz Explorer
Wednesday, November 3, 10, 17 at 3-4 PM PST
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 jzuckerman@alz.org

Brain Games
Thursday, November 11 at 2 PM PST
Brain Exercises training skills such as -memory, reasoning, processing, speed, concentration, logical sequencing, language, problem solving, and more. To RSVP, contact Sivana Lavine at (818) 446-1573 or sclavine@alz.org

Games and Smiles - Gleam in Your Eye
Thursday, November 18 at 3 PM PST
Learn how to integrate cognitive stimulation through play in your day-to-day life with your loved one that encourages interactions and enjoying time together. To RSVP, contact Sivana Lavine at (818) 446-1573 or sclavine@alz.org