

JOIN US ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



October 2022

Healthy Living for Your Brain and Body

Tuesday, October 25, 1-2 PM PST | [Register](#)

10 Warning Signs of Alzheimer's

Tuesday, October 4, 11-12 PM PST | [Register](#)

Wednesday, October 26, 1-2 PM PST | [Register](#)

Understanding Alzheimer's and Dementia

Wednesday, October 5, 11-12 PM PST | [Register](#)

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

Effective Communication Strategies

Thursday, October 6, 3-4 PM PST | [Register](#)

Tuesday, October 18, 11-12 PM PST | [Register](#)

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

Understanding and Responding to Dementia-Related Behavior

Thursday, October 6, 2:30-3:30 PM PST | [Register](#)

Tuesday, October 11, 11-12 PM PST | [Register](#)

Thursday, October 20, 3-4 PM PST | [Register](#)

New Managing Money:

A Caregiver's Guide to Finances

Thursday, October 20, 5:30-7 PM PST | [Register](#)

Clases en Español

[Regístrese aquí](#)

Información para Entender la Enfermedad de Alzheimer y la Demencia

Miércoles, 5 de octubre, 3-4 PM PST

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

Miércoles, 12 de octubre, 3-4 PM PST

Conozca las 10 Señales de Advertencia de la Enfermedad de Alzheimer

Miércoles, 19 de octubre, 3-4 PM PST

Communication is a Two Way Street: Strengthening Relationships to Create a Community of Care

Thursday, October 27, 3:30-4:30 PM PST | [Register](#)

Hand in Hand and the Alzheimer's Association are partnering to present a webinar on communication among care teams--those providing care and those receiving it.



Thursdays in October • 1 PM PST

TUNE IN AT [FACEBOOK.COM/SOCALZ](https://www.facebook.com/SOCALZ)

ALZHEIMER'S  ASSOCIATION®

JOIN US ONLINE SUPPORT GROUPS

Presented by the Alzheimer's Association®



October 2022

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, Third, & Fourth **Wednesday**, 10-12 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
Fourth **Thursday** of the month, 6-7:30 PM PST
First **Friday** of the month, 9-10 AM PST
Third **Saturday** of the month, 10-11:30 AM PST
To join a support group, please call **800.272.3900**

Younger Onset Caregiver Group

Second **Tuesday** of the month, 12-1:30 PM PST
To register, please contact Yael Wyte at ywyte@alz.org

Lewy Body Support Group

First **Wednesday** of the month at 6 PM PST
To register, please contact Yael Wyte at ywyte@alz.org

Young Adult Caregiver Support Group

Wednesday, October 12, 7 PM PST
To register, please contact Yael Wyte at ywyte@alz.org

Grupo de Apoyo en Español

Martes, 11 y 25 de octubre, 1-2:30 PM PST
Para registrarse para el Grupo de Apoyo Telefónico, comuníquese con Linda Loeraal (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, October 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 Tina Wilson at (661) 243-3191 ext 8743 or email tewilson@alz.org

Brain Games

Thursday, October 6 at 2-3 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

Museum of Art and History

Virtual Museum Tour

Thursday, October 13 at 2 PM PST
Join the Museum of Art and History (MOAH) Educators to learn about history, art, music, and more. To RSVP, contact Tina Wilson at (661) 243-3191 ext 8743 or email tewilson@alz.org