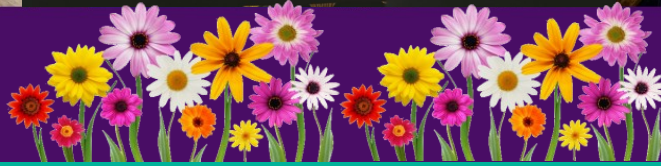


# IN PERSON AND VIRTUAL EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## MAY 2024



### VIRTUAL-VIA ZOOM 6-7PM

## THE EMPOWERED CAREGIVER SERIES

**Building a Foundation of Caregiving** explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress. **May 7 | [CLICK HERE TO REGISTER](#)**

**Supporting Independence** focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations. **May 9 | [CLICK HERE TO REGISTER](#)**

**Exploring Care and Support Services** examines how best to prepare for future care decisions and changes, including respite care, residential care and end-of life care. **May 14 | [CLICK HERE TO REGISTER](#)**

**Communicating Effectively** teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals. **May 16 | [CLICK HERE TO REGISTER](#)**

**Responding to Dementia-Related Behaviors** details common behavior changes and how they are a form of communication, non-medical approaches to behaviors and recognizing when additional help is needed. **May 22 | [CLICK HERE TO REGISTER](#)**

**OR TO REGISTER CALL  
24/7 800.272.3900**



**MORE PROGRAMS**



TO REGISTER OR TO LEARN MORE, PLEASE VISIT  
[ALZ.ORG/CRF](https://www.alz.org/crf) OR CALL OUR 24/7 HELPLINE: 800.272.3900

# IN-PERSON EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## MAY 2024

### VIRTUAL AND IN PERSON

#### **The 10 Warning Signs of Alzheimer's-IN PERSON**

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

May 23 | 1-2PM | [CLICK HERE TO REGISTER](#)

#### **New Advances in Alzheimer's Treatments-VIA ZOOM**

Learn about new advancements in Alzheimer's treatments. This program will provide an overview of how disease modifying treatments slow disease progression, who are the intended candidates to receive the treatments, availability, and more.

May 23 | 6-7PM | [CLICK HERE TO REGISTER](#)

#### **Healthy Living for your Brain and Body-VIA ZOOM**

This program will provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate a plan for healthy aging.

May 29 | 6-7PM | [CLICK HERE TO REGISTER](#)

**OR TO REGISTER CALL  
24/7 800.272.3900**



San Diego / Imperial Chapter

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