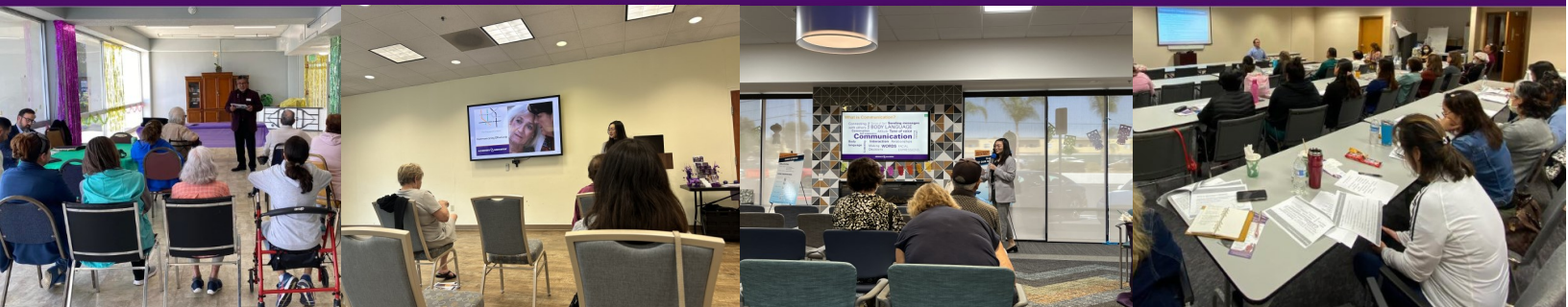


# IN PERSON EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## DECEMBER 2024



## IN PERSON

### “PLANNING FOR THE HOLIDAYS: TIPS FOR CAREGIVERS”

*The holidays are often filled with sharing, laughter, and memories, but they can also bring stress, disappointment, or sadness. Caregivers may feel overwhelmed by maintaining traditions while providing care for their loved one with dementia. This program will provide tips for making the holidays enjoyable for all.*

December 3: Tuesday @10AM w/Southern Caregiver Resource Center | Southeastern Live Well Center-San Diego

December 4: Wednesday @11AM | Mission Valley YMCA

December 12: Thursday @1PM | Grossmont Health Care District Conference Center-La Mesa

December 12: Thursday @5PM | St. Paul's PACE- El Cajon



December 10: The 10 Warning Signs of Alzheimer's | 2PM Lakeside Library, Lakeside

December 11: Understanding Dementia Behaviors | 11AM Mission Valley YMCA

December 11: Healthy Living for your Brain and Body | 2PM Molina One Stop, El Cajon

TO REGISTER FOR ANY OR ALL OF THESE PROGRAMS

SCAN THE QR CODE OR CALL 800.272.3900 24/7



TO REGISTER OR TO LEARN MORE, PLEASE VISIT ALZ.ORG/CRF OR CALL OUR 24/7 HELPLINE: 800.272.3900

# VIRTUAL EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## DECEMBER 2024



## VIRTUAL-VIA ZOOM

The 10 Warning Signs of Alzheimer's 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.

December 5 | 6-7PM

Understanding Alzheimer's and Dementia Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

December 10 | 6-7PM

Planning for the Holidays: Tips for Caregivers The holidays are often filled with sharing, laughter, and memories, but they can also bring stress, disappointment, or sadness. Caregivers may feel overwhelmed by maintaining traditions while providing care for their loved one. Learn tips for making the holidays enjoyable for all.

December 12 | 6-7PM



San Diego / Imperial Chapter



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SCAN THE QR CODE OR  
CALL 800.272.3900 24/7