

# VIRTUAL EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## OCTOBER 2024



## VIRTUAL-VIA ZOOM

**Building a Foundation of Caregiving** explores the role of caregiver and changes they may experience, building a support team and managing caregiver stress.

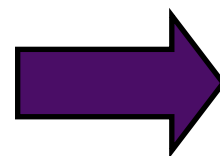
**October 15 | 6-7PM | [CLICK HERE TO REGISTER](#), SCAN THE QR CODE BELOW OR CALL 24/7 800.272.3900**

**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. **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.

**October 22 | 6-7PM | [CLICK HERE TO REGISTER](#), SCAN THE QR CODE BELOW OR CALL 24/7 800.272.3900**

**Communicating Effectively** teaches how dementia affects communication, including tips for communicating well with family, friends and health care professionals. **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.

**October 29 | 6-7PM | [CLICK HERE TO REGISTER](#), SCAN THE QR CODE BELOW OR CALL 24/7 800.272.3900**



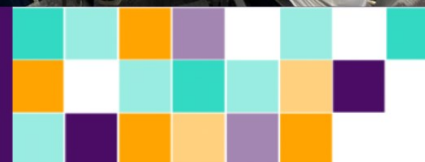
TO REGISTER OR TO LEARN MORE, PLEASE VISIT [ALZ.ORG/CRF](https://alz.org/crf) OR  
CALL OUR 24/7 HELPLINE: 800.272.3900

# IN PERSON EDUCATION PROGRAMS

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## IN PERSON

### Understanding Alzheimer's and Dementia

Lakeside Library

October 15 | 2-3PM

CLICK [HERE](#) TO REGISTER OR SCAN THE QR CODE



### Healthy Living for your Brain and Body

City of Santee Parks and Recreation/Santee Seniors

October 16 | 10-11:30 AM

CLICK [HERE](#) TO REGISTER OR SCAN THE QR CODE



### Building Foundations of Caregiving

Imperial Valley Family Medical Group

October 17 | 11AM-12 PM

CLICK [HERE](#) TO REGISTER OR SCAN THE QR CODE



**Alzheimer's Association 24/7**

**Helpline: 800.272.3900**

Call for free, around-the-clock help  
& the latest information.

Llame para obtener ayuda y  
informacion en español gratuita  
las 24 horas.

**ALZHEIMER'S  
ASSOCIATION**

San Diego / Imperial Chapter

**\*\*PLEASE REGISTER TO RECEIVE  
FULL LOCATION DETAILS FOR  
IN PERSON PROGRAMS**