

# JOIN US

# ONLINE EDUCATION PROGRAMS

Presented by the Alzheimer's Association®



## Healthy Living for Your Brain and Body

Wednesday, March 10, 1-2:30 pm | [Register](#)

## Dementia Conversations

Wednesday, March 31, 10-11:30 am | [Register](#)

## 10 Warning Signs of Alzheimer's

Tuesday, March 2, 12-1 pm | [Register](#)

Thursday, March 18, 2-3:30 pm | [Register](#)

## Understanding Alzheimer's and Dementia

Wednesday, March 3, 5:30-6:30 pm | [Register](#)

Tuesday, March 30, 11 am-12 pm | [Register](#)

## Effective Communication Strategies

Thursday, March 11, 3-4 pm | [Register](#)

## Understanding and Responding to Dementia-Related Behavior

Wednesday, March 17, 5:30-6:30 pm | [Register](#)

Thursday, March 25, 1-2 pm | [Register](#)

## Living with Alzheimer's: Middle Stage (3 Part Series)

Registration and attendance for all three required.

Thursday, March 11, 10 am-12 pm | [Register](#)

Thursday, March 18, 10 am-12 pm | [Register](#)

Thursday, March 25, 10 am-12 pm | [Register](#)

## Legal & Financial Planning

Wednesday, March 24, 1-2:30 pm | [Register](#)

## Research Update Event Alzheimer's and African Americans: Advancing Resources, Research and Caregiving

### Alzheimer's and African Americans: Advancing Resources, Research and Caregiving

Saturday, March 6<sup>th</sup>, 10-11:30 am | [Register](#)

African Americans are about twice as likely to develop Alzheimer's than older white Americans. The Alzheimer's Association and the Association of Black Women Physicians will host a webinar with three dynamic speakers discussing topics that are most relevant to African American caregivers and families impacted by a loved one's Alzheimer's or other dementia. Attendees will be able to participate in a question and answer period.

## Clases en Español

[Regístrese aquí](#)

### Estrategias Efectivas de Comunicación:

Martes, 2 de marzo, 3-4 pm

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

Lunes, 15 de marzo, 10 am-12 pm

### Conozca las 10 Señales de Advertencia de la Enfermedad de Alzheimer

Lunes, 22 de marzo, 12-1 pm

TO REGISTER OR LEARN MORE, PLEASE CALL  
800.272.3900 OR ONLINE AT ALZ.ORG/CRF

# ONLINE SUPPORT GROUPS

Presented by the Alzheimer's Association®



## Support Groups for Caregivers

First & Third **Monday** of the month, 5:30-7 pm  
Last **Monday** of the month, 7-9pm  
Second **Tuesday** of the month, 7-9pm  
Second **Wednesday** of the month, 5-6pm  
Second, Third, & Fourth **Wednesday**, 10-12 pm  
Third **Wednesday** of the month, 10:30-12 noon  
Third **Wednesday** of the month, 6:30-8 pm  
Second **Thursday** of the month, 2:30-4 pm  
Second **Thursday** of the month, 5:30-6:30pm  
Third **Thursday** of the month, 10-11:30 am  
Fourth **Thursday** of the month, 6-7:30 pm  
First **Friday** of the month, 9-10 am  
Second **Friday** of the month, 9:30-10:30am  
Third **Saturday** of the month, 10-11:30 am

To join a support group, please call **800.272.3900**

## Early Stage of Memory Loss Support Group.

Series beginning March 1st 1-2:30pm  
To register, please contact Michelle Quiroga-Diaz at (818) 446-1687 or [mquirogadiaz@alz.org](mailto:mquirogadiaz@alz.org)

## Grupos de Apoyo en Español

Martes, 9 y 23 de marzo, 1-2:30 pm

Para registrarse para el Grupo de Apoyo Telefónico, comuníquese con Linda Loera al (213) 220-0713 o [lloera@alz.org](mailto:lloera@alz.org).

## Early Stage Social Engagement

Join us for free virtual social activities and connect with others living with early memory loss. Care partners welcome!

### • **Alz Explorer**

Wednesday, March 3, 10, 17, 24, & 31 at 3-4 pm

Join Alz Explorer for different virtual activities such as master gardening, magic, cooking, road trips and much more. To RSVP call (760) 996-0006 or email Jennifer Zuckerman at [jzuckerman@alz.org](mailto:jzuckerman@alz.org)

### • **Hammer Museum Virtual Tour**

Friday, March 5 and 19 at 11-12 noon.

Join Hammer Museum Student Educators for a virtual conversation about historic and contemporary works of art.

RSVP with Yael Wyte at [ywyte@alz.org](mailto:ywyte@alz.org)

### • **Coffee and Conversation**

Tuesday, March 2 & 16 at 10-11:30 am

Connect with like individuals and care partners, to discuss current events and a variety of topics. To RSVP, contact Michelle Quiroga-Diaz at (818) 446-1687 or [mquirogadiaz@alz.org](mailto:mquirogadiaz@alz.org)

### • **MOAH Virtual Museum Tour**

Thursday, March 4 and 11 at 2-3 pm

Join the Museum of Art and History (MOAH) educators to learn about history, art, music, and more. To RSVP, please contact Sivana Lavine at (818) 446- 1573 or [sclavine@alz.org](mailto:sclavine@alz.org)