

EDUCATION

DEMENTIA EDUCATION YOU CAN TRUST

Register online at
alz.org/crf or call
800.272.3900

DECEMBER 2021

Due to COVID-19, all classes are hosted online via Zoom. Registration is required. Please visit alz.org/crf or call 800.272.3900 to register and to get login information.

Wednesday 12/1

5:30 – 6:30pm | Understanding Alzheimer's & Dementia

Friday, 12/2

1 – 2pm | Healthy Living for Your Brain & Body

Wednesday, 12/8

11 – 12pm | Ten Warning Signs of Alzheimer's

Thursday, 12/9

3 – 4pm | Understanding & Responding to Dementia-related Behaviors

Tuesday, 12/14

4 – 5pm | New Advances in Dementia Science

Wednesday, 12/15

11 – 12pm | Understanding & Responding to Dementia-related Behaviors
5:30 – 6:30pm | Effective Communication Strategies

Thursday, 12/16

11 – 12pm | Understanding Alzheimer's & Dementia

Thursday, 12/30

10 – 11am | Understanding & Responding to Dementia-related Behaviors

Clases en español

Lunes, 12/6

5:30 – 6:30pm | Información para Entender la Enfermedad de Alzheimer

Lunes, 12/13

5:30 – 6:30pm | Cuerpo y Cerebro Sano es Vida

Sign up for our
monthly newsletter!

Each month, we go in-depth with a new topic to help caregivers of people with dementia understand the disease, what it means for their family, and how they can help their loved one live life to the fullest.

Sign up for
**CAREGIVER
TIPS & TOOLS**
at bit.ly/CCCTips

Need help now? Call our 24/7 HelpLine at 800.272.3900

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California Central Coast Chapter
Serving Ventura, Santa Barbara, and San Luis Obispo Counties



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with all our programs & events