

# Free Alzheimer's Education & Support From Your Home

## Workshops

### **Memory Loss & Alzheimer's: Let's Talk!**

**Wednesdays in April at 10:00 am**

**April 8, 15, 22, and 29, 2020**

Join us via web or telephone call to learn about the warning signs of dementia. We will discuss the difference between dementia and Alzheimer's disease, what causes memory loss, and the process of a diagnosis.

**To RSVP call 844.HELP.ALZ (844-435-7259) or email [help@alzla.org](mailto:help@alzla.org)**

## Free Telephone Call - Education on Brain Health, Caregiving and Dementia

Alzheimer's Los Angeles will be providing talks hosted by Personal Assistance Services Council (PASC). The monthly talks will be in English and in Spanish.

**RSVP by calling 626-737-7524**

April 16 - 1pm-3pm - Keeping Your Brain Healthy (in English)

April 22 - 3pm-5pm - Keeping Your Brain Healthy (in Spanish)

May 14 - 3pm-5pm - Making Home Safe for a Person with Alzheimer's (in English)

May 21 - 3pm-5pm - Making Home Safe for a Person with Alzheimer's (in Spanish)

June 18 - 3pm-5pm - Communication and Dementia (in English)

June 25 - 3pm-5pm - Communication and Dementia (in Spanish)

July 16 - 3pm-5pm - Behaviors & Alzheimer's Disease- Are they doing that to annoy us? (in English)

July 23 - 3pm-5pm - Behaviors & Alzheimer's Disease - Are they doing that to annoy us? (in Spanish)

## Virtual Support Group Schedule for April 6-10, 2020.

**Please contact Anne Oh, [aoh@alzla.org](mailto:aoh@alzla.org) to RSVP**

4/6 Monday – 7:00-8:00pm

4/7 Tuesday – 7:00-8:00pm

4/8 Wednesday – 7:00-8:00pm

4/9 Thursday – 11:00am-12:00pm & 6:30-7:30pm

4/10 Friday – 11:00am-12:00pm & 6:30-7:30pm