

Alzheimer's Association Workshops



Location: Adventist Health Glendale
Community Services Center Gym
311A Vallejo Drive, Glendale 91206

10 Warning Signs of Alzheimer's Disease

March 25, 1:00pm – 2:30pm

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others.

Topics covered in the program include:

- Typical age-related changes
- Common warning signs of Alzheimer's
- How to approach someone about memory concerns
- Early detection, the benefits of a diagnosis and the diagnostic process
- Alzheimer's Association resources

Dementia Conversations

April 22, 1:00pm – 2:00pm

When someone shows signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program offers tips on how to have honest and caring conversations to address some of the most common issues.

Topics covered in the program include:

- Going to the doctor
- Deciding when to stop driving
- Making legal and financial plans

This event is free and open to the public.

Register by phone: 800.272.3900

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Glendale

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Understanding Alzheimer's & Dementia

May 27, 1:00pm - 2:30pm

Alzheimer's is a disease of the brain that causes problems with memory, thinking and behavior.

Topics covered in the program include:

- The impact of Alzheimer's
- The difference between Alzheimer's and dementia
- Alzheimer's disease stages and risk factors
- Current research and treatments available to address some symptoms
- Alzheimer's Association resources

Caregiving & Planning for the Holidays

November 18, 1:00pm – 2:00pm

Holidays can be a wonderful time to catch up with loved ones; however it can also be a time of distress. If you are a caregiver, this time of year can be especially challenging. Join us to learn tips on coping with the holiday stressors.

Workshop presented by:

alzheimer's  association®
California Southland Chapter

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