

PLEASE JOIN US

Education Classes

LOS ANGELES COUNTY, FEBRUARY 2026

IN-PERSON ENGLISH CLASSES

All Classes are PDT

Healthy Living for Your Brain and Body

Tuesday, February 10, 10:30-11:30 a.m. | [Reseda](#)

Wednesday, February 11, 10:30-11:30 a.m. | [Glendora](#)

Friday, February 20, 12:30-1:30 p.m. | [Pacoima](#)

Tuesday, February 24, 10:30-11:30 a.m. | [La Puente](#)

Dementia Conversations

Wednesday, February 18, 3-4 p.m. | [Pasadena](#)

The Empowered Caregiver: Communicating Effectively

Wednesday, February, 4, 12 p.m.- 1 p.m. | [Burbank](#)

Supporting Brain Health in Our Community

Monday, February, 9, 11 a.m.-12 p.m. | [Sylmar](#)

VIRTUAL ENGLISH CLASSES

The Empowered Caregiver: Building Foundations of Caregiving

Friday, February, 13, 3- 4 p.m. | [Register](#)

Wednesday, February 25, 10-11 a.m. | [Register](#)

CLASES EN ESPAÑOL EN PERSONA

Todas las clases se dictan en horario estándar del Pacífico (PDT)

Cuerpo y Cerebro Sano es Vida Sana

Martes, 3 de febrero, 9-10 a.m. | [Pacoima](#)

Jueves, 12 de febrero, 10-11 a.m. | [Los Angeles](#)

Martes, 24 de febrero, 10:30-11:30 a.m. | [La Puente](#)

Información Para Entender La Enfermedad De Alzheimer Y La Demencia

Jueves, 12 de febrero, 10-11 a.m. | [Sun Valley](#)

Brain Health Habit Builder

ALZHEIMER'S ASSOCIATION

Try the Brain Health Habit Builder!

A new, free tool that helps individuals review their habits and create a personalized plan in minutes.

Click [HERE](#)

TO REGISTER, PLEASE CALL 800.272.3900 OR VISIT US ONLINE AT ALZ.ORG/CRF

ALZHEIMER'S ASSOCIATION®

For more on-demand, recorded classes, please visit alz.org/education

PLEASE JOIN US

Support Groups and Early Stage Engagement

LOS ANGELES COUNTY, FEBRUARY 2026

In Person Caregiver Groups

2nd Tuesday, 6-8 p.m. (Claremont)

2nd Tuesday, 7-8:30 p.m. (Westwood)

2nd Tuesday, 6:30-8 p.m. (Santa Clarita)

3rd Tuesday, 10-11:30 a.m. (Pasadena)

3rd Tuesday, 10 a.m.-12 p.m. (Claremont)

3rd Tuesday, 6:30-8:00 p.m. (Encino)

4th Tuesday, 10-11 a.m. (Antelope Valley)

3rd Saturday, 10-11:30 a.m. (Woodland Hills)

3rd Sunday, 4:30-6 p.m. (Culver City)

Virtual Caregiver Support Groups

1st and 3rd Mondays, 5:30-7p.m.

3rd Saturday, 10-11:30 a.m.

Weekly, every Thursday, 10-11:30 a.m.

Español

Grupo de Apoyo Telefónico para Cuidadores 2do y 4to martes de cada mes, 1-2:30 p.m.

Mandarin Caregiver Support Group

3rd Sunday, 6:30-8 p.m.

Young Adults 20's - 30's

1st Monday, 7:30-9 p.m.

Younger Onset

2nd Tuesday, 12-1:30 p.m.

LGBTQ+

2nd and 4th Thursdays, 12-1:30 p.m.

Early Stage Engagement Virtual

Coffee and Conversations

Tuesday, February 10 and 24, 10-11:30 a.m.

Connect with like individuals and care partners, to discuss current events and a variety of topics.

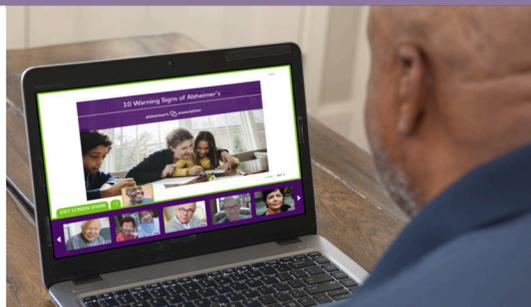
Get empowered in your Alzheimer's journey

Take action with the My ALZ Journey app



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ALZHEIMER'S  ASSOCIATION®



The Alzheimer's Association® offers free online education programs on Alzheimer's disease, caregiving and living with the disease—flexible, accessible and supportive resources to keep you connected and informed wherever you are.

PROGRAMS FOR CAREGIVERS

The Empowered Caregiver - COMING SOON

This education series teaches caregivers how to navigate the responsibilities of caring for someone living with dementia. Topics include tips for understanding key aspects of caregiving, supporting independence, communicating effectively, responding to dementia-related behaviors and exploring care and support services.

Managing Money: A Caregiver's Guide to Finances *Available in Spanish and with Closed Captioning (CC).*

Learn about the costs of caregiving and the benefits of early financial and legal planning.

Dementia Conversations: Driving, Doctor Visits, Legal & Financial Planning

Learn to have honest and caring conversations about common concerns when someone begins to show signs of dementia.

Transitions in Care *Available with Closed Captioning (CC).*

Moving a loved one with dementia into a long-term care community can be emotionally challenging. This program offers tips and support to help caregivers assess needs, explore options, understand coverage and stay involved.

Living with Alzheimer's: For Caregivers - Early Stage

Hear from those directly affected and learn what you can do to cope with the changes that come with an early-stage diagnosis.

ABOUT ALZHEIMER'S DISEASE

10 Warning Signs of Alzheimer's *Available in Spanish and with Closed Captioning (CC).*

Recognize common warning signs of Alzheimer's and learn what symptoms to look for in yourself and others.

Understanding Alzheimer's and Dementia *Available in Spanish and with Closed Captioning (CC).*

Learn about the difference between Alzheimer's and dementia, stages, risk factors and more.

PROGRAMS FOR PEOPLE LIVING WITH ALZHEIMER'S

Living with Alzheimer's: For People with Alzheimer's

Learn what you need to know, what you need to plan, and what you can do as you navigate this chapter of your life.

Living with Alzheimer's: For Younger-Onset Alzheimer's

Hear from those directly affected and learn what you need to know, what you need to plan, and what you can do to ease the impact throughout the course of the disease.

Visit alz.org/educationtoregister
for an online course.

