



OPTIMISTIC PEOPLE IN A CARING ATMOSPHERE

# FREE Family Caregiver Training Understanding Alzheimer's Disease Behaviors Seminar

This FREE 2-hour class provides family caregivers with an understanding of the challenging behaviors often associated with Alzheimer's disease and other dementias. The class will also discuss communication strategies to help in the daily care for someone with dementia.



Choose the most convenient class:

- 1. (Zoom) March 6th,**  
10:00 AM—12:00 PM
- 2. (in-person) March 20th**  
10:00 AM—12:00 PM  
In-Person at: Roxbury Park  
Community Center, Beverly Hills

Instructor: Monica Moore, MSG

Seminars are sponsored by the Beverly Hills Community Assistance Grant Funding.

The seminars are hosted by the OPICA Adult Day Care and Counseling Center.

RSVP for the seminars at: [Kathleen@opica.org](mailto:Kathleen@opica.org)

To find out more about OPICA go to the website at [www.opica.org](http://www.opica.org) or call 310.478.0226