



ALZHEIMER'S EDUCATION SERIES

PRESENTED BY THE ALZHEIMER'S ASSOCIATION

ADULT RECREATION CENTER

Multi-Purpose Room B

201 E. Colorado St., Glendale, CA 91205

10:00 AM - 11:00 AM

UPCOMING SESSIONS:

March 21, 2025 – 10 Warning Signs of Alzheimer's

Learn the 10 warning signs of Alzheimer's disease. Hear from people who have the disease and find out how to recognize the signs in yourself and others.

April 18, 2025 – Understanding Alzheimer's and Dementia

Learn about detection, causes, risk factors, stages, and treatment of Alzheimer's disease.

May 16, 2025 – Healthy Living for Your Brain and Body: Tips from the Latest Research

Discover what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Learn practical ways to incorporate these changes into a plan for healthy aging.

For more information, contact: CSPCares@GlendaleCA.gov or (818) 548-3775



@MyGlendaleParks

Disclaimer: The City of Glendale's Community Services & Parks Department is not affiliated with presenting organization. All topics and speakers are presented for informational purposes. The organizations or speaker's opinions do not necessarily reflect or represent the official policy or position of the City and its Community Services & Parks Department.