



## ONLINE LEARNING PROGRAMS

ALL EVENTS LISTED ARE OPEN TO EVERYONE | LOS EVENTOS LISTADOS ESTÁN ABIERTOS A TODOS

- Aug 2** **Let's Get Away Together: Let's go to Canyonlands and Arches National Parks!**  
**FCA CRC** | Tues., Aug. 2 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- ¿Que es Afasia (Spanish only)**  
**Inland CRC** | Mar., Agosto 2 | 3:30 p.m. a 4 p.m. | [Inscripción](#) o Llamar 909-835-6807
- Aug 3** **Breathing & Relaxation**  
**Inland CRC** | Wed., Aug. 3 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694
- Aug 4** **Legal Planning for Caregivers**  
**Del Mar CRC** | Thu., Aug. 4 | 11 a.m. to 12:30 p.m. | [Registration](#) or Call 1-800-624-8304
- Aug 5** **Cómo bajar el colesterol en mujeres a partir de los 50 (Spanish only)**  
**Inland CRC** | Vier., Agosto 5 | 3:30 p.m. a 5 p.m. | [Inscripción](#) o Llamar 909-835-6807
- Aug 9** **Let's Get Away Together: What makes a painting become a "Must See" painting?**  
**FCA CRC** | Tues., Aug. 9 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Ask The Elder Law Attorney**  
**Inland CRC** | Tues., Aug. 9 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 800-675-6694
- Aug 10** **The Dementias**  
**Inland CRC** | Thur., Aug. 10 | 10 a.m. to 12 p.m. | [Registration](#) or Call 800-675-6694
- Letting Go for Caregivers**  
**Passages CRC** | Thur., Aug. 10 | 2 p.m. to 3 p.m. | [Registration](#) or Call 530-898-5925
- Aug 10** **Comprender la Osteoporosis-Parte 2 (vivir mejor con artritis) (Spanish only)**  
**Inland CRC** | Juev., Agosto 10 | 3:30 p.m. a 5 p.m. | [Inscripción](#) o Llamar 909-835-6807
- Aug 11** **Red flags that an Older Adult Needs Help**  
**Inland CRC** | Fri., Aug. 11 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694
- Aug 12** **A Thousand Tomorrows: Intimacy, Sexuality, and Alzheimer's and Sexuality, Intimacy and Dementia in the Residential Care Setting**  
**Redwood CRC** | Fri., Aug. 12 | 12:30 p.m. to 2:30 p.m. | Email [rcrc@redwoodcrc.org](mailto:rcrc@redwoodcrc.org) or Call 707-542-0282 x107
- Comprendiendo la pérdida de memoria (Spanish only)**  
**Inland CRC** | Vier., Agosto 12 | 3:30 p.m. a 5 p.m. | [Inscripción](#) o Llamar 909-835-6807
- Aug 16** **Let's Get Away Together: Let's Explore New York!**  
**FCA CRC** | Tues., Aug. 16 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Elder Estate Planning**  
**Valley CRC** | Tues., Aug. 16 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614
- Comprendiendo la pérdida de memoria (Spanish only)**  
**Inland CRC** | Vier., Agosto 12 | 3:30 p.m. a 5 p.m. | [Inscripción](#) o Llamar 909-835-6807

# ONLINE LEARNING PROGRAMS

ALL EVENTS LISTED ARE OPEN TO EVERYONE | LOS EVENTOS LISTADOS ESTÁN ABIERTOS A TODOS

- Aug 17** **Happy Living**  
**Inland CRC** | Wed., Aug. 17 | 12 p.m. to 1 p.m. | [Registration](#) or Call 800-675-6694
- Hospice vs Palliative Care**  
**Valley CRC** | Wed., Aug. 17 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614
- Aug 18** **Home Safety**  
**Inland CRC** | Wed., Aug. 18 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call 800-675-6694
- Aug 19** **What to know about Medicare**  
**Valley CRC** | Fri., Aug. 19 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614
- Los beneficios del ejercicio (Spanish only)**  
**Inland CRC** | Vier., Agosto 19 | 3:30 p.m. a 5 p.m. | [Inscripción](#) o Llamar 909-835-6807
- Aug 20** **Caregiver 101**  
**Redwood CRC** | Sat., Aug. 20 | 12:30 p.m. to 2 p.m. | Email [rcrc@redwoodcrc.org](mailto:rcrc@redwoodcrc.org) or Call 707-542-0282 x107
- Aug 23** **Let's Get Away Together: Let's Explore the Universe!**  
**FCA CRC** | Tues., Aug. 23 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Inflamaciones en los 50 (Spanish only)**  
**Inland CRC** | Mar., Agosto 23 | 3:30 p.m. a 5 p.m. | [Inscripción](#) o Llamar 909-835-6807
- The Benefits of Massage**  
**Inland CRC** | Tues., Aug. 23 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call 800-675-6694
- Aug 24** **Senior Citizen's Day**  
**Inland CRC** | Wed., Aug. 24 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call 800-675-6694
- The Family Caregiving Experience: Working Caregivers**  
**LA CRC** | Wed., Aug. 24 | 7:30 p.m. to 8:30 p.m. | [Registration](#) or Call 800-540-4442
- Aug 26** **Planificación Legal Para Cuidadores/Legal Planning for Caregivers (Spanish only)**  
**Del Mar CRC** | Mar., Agosto 26 | 1:30 p.m. to 3 p.m. | [Registration](#) or Call 1-800-624-8304
- Las muchas caras del cuidado (Spanish only)**  
**Inland CRC** | Vier., Agosto 26 | 3:30 p.m. a 5 p.m. | [Inscripción](#) o Llamar 909-835-6807
- Positive Caregiving**  
**Redwood CRC** | Sat., Aug. 26 | 11 a.m. to 12:30 p.m. | [Registration](#) | Call 707-542-0282 x107
- Aug 29** **The Benefits of Yoga**  
**Inland CRC** | Mon., Aug. 29 | 12 p.m. to 1:30 p.m. | [Registration](#) or Call 800-675-6694
- Aug 30** **How To Talk To Your Doctor**  
**Inland CRC** | Tues., Aug. 30 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694
- Let's Get Away Together: Let's go to Yellowstone National Park!**  
**FCA CRC** | Tues., Aug. 30 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Higiene del Sueño (Spanish only)**  
**Inland CRC** | Mart., Agosto 30 | 3:30 p.m. a 5 p.m. | [Inscripción](#) o Llamar 909-835-6807

This is a collaborative effort of the California Caregiver Resource Centers to ensure high-quality education for California family caregivers. Visit [www.caregivercalifornia.org](http://www.caregivercalifornia.org).