



## ONLINE LEARNING PROGRAMS

ALL EVENTS LISTED ARE OPEN TO EVERYONE | LOS EVENTOS LISTADOS ESTÁN ABIERTOS A TODOS |  
TẤT CẢ CÁC SỰ KIỆN ĐƯỢC LIỆT KÊ ĐƯỢC MỞ CHO TẤT CẢ MỌI NGƯỜI

marzo 2	<p><b>¿Innovage, que es?</b> <u>Inland CRC</u>   juev., marzo 2   1 p.m. a 2:30 p.m.   <a href="#">Inscripción</a> o Llamar (909) 835-6807</p>
marzo 6	<p><b>Ansiedad y agitación</b> <u>Inland CRC</u>   lunes, marzo 6   1:30 p.m. a 3 p.m.   <a href="#">Inscripción</a> o Llamar (909) 835-6807</p>
March 6	<p><b>10 Warning Signs of Alzheimer's</b> <u>Inland CRC</u>   Mon., March 6   6 p.m. to 7:30 p.m.   <a href="#">Registration</a> or Call (800) 675-6694</p>
March 7	<p><b>Understanding Paid Leave for Family Caregivers Part 2</b> <u>LA CRC</u>   Tues., March 7   9 a.m. to 10:30 a.m.   <a href="#">Registration</a> or Call 800-540-4442</p>
March 7	<p><b>Spotlight on Services: Respite Care</b> <u>Del Oro and Passages CRCs</u>   Tues., March 7   12 p.m. to 12:30 p.m.   <a href="#">Registration</a></p>
March 7	<p><b>Let's Get Away Together: Let's Celebrate Women in Art!</b> <u>FCA CRC</u>   Tues., March 7   1 p.m. to 2 p.m.   <a href="#">Registration</a> or Call (800) 445-81062</p>
March 8	<p><b>Coping with Emotions of Caregiving</b> <u>Orange CRC</u>   Wed., March 8   10:30 a.m. to 12 p.m.   <a href="#">Registration</a> or Call 800-543-8312 or 714-446-5030</p>
marzo 8	<p><b>Combatiendo la soledad del cuidador</b> <u>Inland CRC</u>   miér, marzo 8   1:30 p.m. a 3:30 p.m.   <a href="#">Inscripción</a> o Llamar (909) 835-6807</p>
March 8	<p><b>Fraud Prevention</b> <u>Valley CRC</u>   Wed., March 8   2 p.m. to 4 p.m.   <a href="#">Registration</a> or Call (559) 224-9154 or (800) 541-8614</p>
marzo 8	<p><b>Información para Entender la Enfermedad de Alzheimer y la Demencia</b> <u>Orange CRC</u>   miér, marzo 8   5:30 p.m. a 6:30 p.m.   <a href="#">Inscripción</a> o Llamar 800-543-8312 or 714-446-5030</p>
March 9	<p><b>Living Better with Arthritis</b> <u>Inland CRC</u>   Thurs., March 9   10 a.m. to 11:30 a.m.   <a href="#">Registration</a> or Call (800) 675-6694</p>
marzo 10	<p><b>Comportamientos de Demencia Difíciles</b> <u>Valley CRC</u>   vier., marzo 10   10 a.m. a 11 a.m.   <a href="#">Inscripción</a> o Llamar (559) 224-9154 or (800) 541-8614</p>
marzo 10	<p><b>La puesta del sol</b> <u>Inland CRC</u>   vier., marzo 10   10 a.m. a 11:30 p.m.   <a href="#">Inscripción</a> o Llamar (909) 835-6807</p>
March 10	<p><b>Hospice &amp; Palliative Care</b> <u>Orange CRC</u>   Fri., March 10   11 a.m. to 12 p.m.   <a href="#">Registration</a> or Call 800-543-8312 or 714-446-5030</p>
March 10	<p><b>Communicating With Moderately and Severely Confused Older Adults</b> <u>Redwood CRC</u>   Fri., March 10   12:30 p.m. to 2:30 p.m.   <a href="#">Registration</a> or Call (707) 582-2247</p>
March 14	<p><b>Let's Get Away Together: Let's go to Canada!</b> <u>FCA CRC</u>   Tues., March 14   1 p.m. to 2 p.m.   <a href="#">Registration</a> or Call (800) 445-8106</p>
March 14	<p><b>Ask the Elder Law Attorney</b> <u>Inland CRC</u>   Tues., March 14   1 p.m. to 2:30 p.m.   <a href="#">Registration</a> or Call (800) 675-6694</p>
March 15	<p><b>Medicare</b> <u>Inland CRC</u>   Wed., March 15   10 a.m. to 11:30 a.m.   <a href="#">Registration</a> or Call (800) 675-6694</p>

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marzo 15	<b>Fundamentos de la salud ósea: Comprender la osteoporosis</b> <a href="#">Inland CRC</a>   miér., marzo 15   3 p.m. a 4:30 p.m.   <a href="#">Inscripción</a> o Llamar (909) 835-6807
marzo 15	<b>Tome Cargo! (Take Charge!)</b> <a href="#">FCA CRC</a>   miér., marzo 15   3 p.m. a 4:30 p.m.   <a href="#">Inscripción</a> o Llamar (800) 445-8106
March 16	<b>Diabetic Health</b> <a href="#">Inland CRC</a>   Thur., March 16   2 p.m. to 3:30 p.m.   <a href="#">Registration</a> or Call (800) 675-6694
marzo 17	<b>Migraña</b> <a href="#">Inland CRC</a>   vier., marzo 17   10 a.m. a 11:30 a.m.   <a href="#">Inscripción</a> o Llamar (909) 835-6807
marzo 17	<b>Hospicio y cuidados paliativos</b> <a href="#">Orange CRC</a>   vier., marzo 17   11 a.m. a 12 p.m.   <a href="#">Inscripción</a> o Llamar 800-543-8312 or 714-446-5030
March 18	<b>Caregiver 101 Class</b> <a href="#">Redwood CRC</a>   Sat., March 18   12:30 p.m. to 2 p.m.   <a href="#">Registration</a> or Call (707) 582-2247
March 21	<b>Hearing Loss &amp; Resources</b> <a href="#">Inland CRC</a>   Tues., March 21   10 a.m. to 11:30 a.m.   <a href="#">Registration</a> or Call (800) 675-6694
marzo 21	<b>Vivir mejor con artritis</b> <a href="#">Inland CRC</a>   mart., marzo 21   3 p.m. a 4:30 p.m.   <a href="#">Inscripción</a> o Llamar (909) 835-6807
March 22	<b>Caring for the Caregiver: Self-Care Activities for Dementia Caregivers</b> <a href="#">Southern CRC</a>   Wed., March 22   1 p.m. to 1:30 p.m.   <a href="#">Registration</a> or Call (858) 268-4432
marzo 22	<b>Cuidando al Cuidador: Actividades de Autocuidado para Cuidadores Familiares</b> <a href="#">Southern CRC</a>   miér., marzo 22   2 p.m. a 2:30 p.m.   <a href="#">Inscripción</a> o Llamar (858) 268-4432
March 22	<b>Healthy Aging</b> <a href="#">Inland CRC</a>   Wed., March 22   2 p.m. to 3:30 p.m.   <a href="#">Registration</a> or Call (800) 675-6694
marzo 23	<b>Explicando En Detalle El Permiso Familiar Pagado Y Los Derechos Relacionados Con Los Cuidadores</b> <a href="#">FCA CRC</a>   juev., marzo 23   12 p.m. a 1 p.m.   <a href="#">Inscripción</a> o Call (800) 445-8106
March 23	<b>At Home with Hospice: What is Hospice Care?</b> <a href="#">Del Oro CRC</a>   Thur., March 23   1 p.m. to 2:30 p.m.   <a href="#">Registration</a> or Call 916-728-9333
marzo 23	<b>Conozca las señales de alarma de un ataque al corazón</b> <a href="#">Inland CRC</a>   juev., marzo 23   1:30 p.m. a 3 p.m.   <a href="#">Inscripción</a> o Llamar (909) 835-6807
March 23	<b>Anticipatory Grief Workshop for LGBTQ+ Caregivers</b> <a href="#">FCA CRC</a>   Thur., March 23   4 p.m. to 5:30 p.m.   <a href="#">Registration</a> or Call (800) 445-8106
tháng ba 24	<b>Chăm Sóc Cuối Đời &amp; Chăm Sóc Ăn Ủi / Hospice and Palliative Care</b> <a href="#">Orange CRC</a>   thứ năm, tháng ba 24   11 a.m. đến 12 p.m.   <a href="#">Sự đăng ký</a> hoặc Gọi 800-543-8312 or 714-446-5030
March 29	<b>LGBTQ Community &amp; Caregiving</b> <a href="#">Inland CRC</a>   Wed., March 29   2:30 p.m. to 4 p.m.   <a href="#">Registration</a> or Call 800-675-6694
marzo 29	<b>Comunicación y demencia</b> <a href="#">Inland CRC</a>   miér., marzo 29   3 p.m. a 4:30 p.m.   <a href="#">Inscripción</a> o Llamar (909) 835-6807
March 30	<b>The Dr. is in: Difficult Dementia Behaviors</b> <a href="#">Valley CRC</a>   Thur., March 30   2 p.m. to 3:30 p.m.   <a href="#">Registration</a> or Call (559) 224-9154 or (800) 541-8614