



ONLINE LEARNING PROGRAMS

All events listed are open to everyone | Los eventos listados están abiertos a todos
Tất cả các sự kiện dành cho tất cả mọi người

- July 6** **Social Support/Family Caregiving**
Inland CRC | Wed., July 6 | 12 p.m. to 1:30 p.m. | [Registration](#) or Call 800-675-6694
- July 7** **Sandwich Generation**
Inland CRC | Thurs., July 7 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694
- July 12** **Ask The Elder Law Attorney**
Inland CRC | Tues., July 12 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 800-675-6694
- Conozca las 10 señales (Spanish only)**
Inland CRC | Mart., Julio 12 | 2:30 p.m. a 4 p.m. | [Inscripción](#) o Llamar 800-675-6694
- July 13** **Deja de Preocuparte (Spanish Only)**
Inland CRC | Mié., Julio 13 | 3:00 p.m. a 4:30 p.m. | [Inscripción](#) o Llamar 800-675-6694
- July 14** **Self Care**
Inland CRC | Thu., July 14 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1-800-675-6694
- Keeping Your Mental Health in Check While Caregiving**
Valley CRC | Thu., July 14 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call (559) 224-9154 or (800) 541-8614
- July 15** **Hábitos que pueden estar dañando tu riñón (Spanish only)**
Inland CRC | Viernes, Julio 15 | 11:30 a.m. to 1 p.m. | [Inscripción](#) o Llamar 800-675-6694
- July 16** **Caregiver 101**
Redwood CRC | Sat., July 16 | 12:30 p.m. to 2 p.m. | Email rcrc@redwoodcrc.org or Call 707-542-0282 x107
- July 18** **Comprender la osteoporosis (Spanish Only)**
Inland CRC | Lunes, Julio 18 | 3:30 p.m. to 5 p.m. | [Inscripción](#) o Llamar 800-675-6694
- The Benefits of Animal Therapy**
Inland CRC | Mon., July 18 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call 800-675-6694
- July 18** **Let's Get Away Together! Let's Go to Ireland!**
FCA CRC | Mon., July 18 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- July 20** **Understanding & Responding to Dementia Behaviors**
Inland CRC | Wed., July 20 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1-800-675-6694
- Esclerosis Múltiple (Spanish Only)**
Inland CRC | Mié, Julio 20 | 3 p.m. to 4:30 p.m. | [Inscripción](#) o Llamar 800-675-6694
- July 21** **Ways to Improve Your Mental Health**
Inland CRC | Thur., July 21 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 800-675-6694
- July 22** **Positive Caregiving**
Redwood CRC | Fri., July 22 | 11 a.m. to 2:30 p.m. | Email rcrc@redwoodcrc.org or Call 707-542-0282
- Cuidando con la enfermedad de Parkinson (Spanish Only)**
Inland CRC | Viernes, Julio 22 | 12 p.m. to 1:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- July 26** **Palliative Care at Home**
Inland CRC | Tues., July 26 | 10:30 a.m. to 12 p.m. | [Registration](#) or Call 1-800-675-6694
- Let's Get Away Together! Let's Explore, Opposites in Art**
FCA CRC | Tues., July 26 | 1 p.m. to 2 p.m. | [Registration](#) or Call 415-434-3388
- Demencia (Spanish Only)**
Inland CRC | Mar., Julio 26 | 3:30 p.m. to 5 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- July 27** **Aging & Vision Changes**
Inland CRC | Tues., July 27 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694
- Successful Aging: It Takes a Plan**
Del Oro CRC | Tues., July 27 | 2 p.m. to 3:30 p.m. | [Registration](#) or Call 916-728-9333
- Envejecimiento Saludable (Spanish Only)**
Inland CRC | Miér., Julio 27 | 2 p.m. to 3:30 p.m. | [Inscripción](#) o Llamar (800) 675-6694
- July 28** **Sundowning**
Inland CRC | Wed., July 28 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 800-675-6694
- July 29** **Conozca las señales de alarma de un ataque al corazón (Spanish Only)**
Inland CRC | Miér., Julio 29 | 11:30 a.m. to 1 p.m. | [Inscripción](#) o Llamar 800-675-6694