



ONLINE LEARNING PROGRAMS

All events listed are open to everyone | Los eventos listados están abiertos a todos

- July 1** **Activo Todo Los Días / Active Every Day (Español)**
Inland CRC | Jue., Jul. 1 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar 1(800) 675 6694
- July 6** **Cuida Tu Corazon / Take Care of Your Heart (Español)**
Inland CRC | Mar., Jul. 6 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar 1(800) 675 6694
- July 7** **Resources for Aging Well**
Inland CRC | Wed., Jul. 7 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1(800) 675-6694
- July 8** **Men's Health**
Inland CRC | Thu., Jul. 8 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1(800) 675-6694
- Organiza Tu Dia / Organize Your Day (Español)**
Inland CRC | Jue., Jul. 8 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 1(800) 675 6694
- July 13** **Tips for A Successful Doctor's Appointment**
LA CRC | Tue., Jul. 13 | 10 a.m. to 11 a.m. | [Registration](#) or Call 1(800) 540-4442
- Cuidado de la Piel de Personas Mayores / Caring for Older Adults' Skin (Español)**
Inland CRC | Mar., Jul. 13 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar 1(800) 675 6694
- Ask The Elder Law Attorney**
Inland CRC | Tue., Jul. 13 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1(800) 675-6694
- July 15** **Is It Normal Aging or Dementia?**
Inland CRC | Thu., Jul. 15 | 12:30 p.m. to 2 p.m. | [Registration](#) or Call 1(800) 675-6694
- July 19** **Building Resilience – Self Care to Care for Others**
Inland CRC | Mon., Jul. 19 | 1:30 p.m. to 3 p.m. | [Registration](#) or Call 1(800) 675-6694
- July 20** **Entendiendo la Puesta del Sol / Understanding Sundowning (Español)**
Inland CRC | Mar., Jul. 20 | 10 a.m. a 11:30 p.m. | [Inscripción](#) o Llamar 1(800) 675-6694
- Hospice 101**
Inland CRC | Tue., Jul. 20 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1(800) 675-6694

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- July 21** **How To Find the Right Care**
Inland CRC | Wed., Jul. 21 | 6 p.m. to 7:30 p.m. | [Registration](#) or Call 1(800) 675-6694
- July 22** **Critical Documents**
Inland CRC | Thu., Jul. 22 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1(800) 675-6694
- Preventing Slips, Trips & Falls**
Del Mar CRC | Thu., Jul. 22 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1(800) 624-8304
- Cuerpo y Cerebro Sano es Vida Sana / A Healthy Body and Brain is a Healthy Life (Español)**
Inland CRC | Jue., Jul. 22 | 2 p.m. a 3:30 p.m. | [Inscripción](#) o Llamar 1(800) 675 6694
- July 26** **What are Paralegal Services?**
Inland CRC | Mon., Jul. 26 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1(800) 675-6694
- July 27** **Oral Health Techniques for Caregivers**
FCA CRC | Tue., Jul. 27 | 11 a.m. to 12 p.m. | [Registration](#) or Call (415) 434-3388
- Control de Infecciones en el Hogar / Infection Control in the Home (Español)**
Del Mar CRC | Mar., Jul. 27 | 4 p.m. a 5:30 p.m. | [Inscripción](#) o Llamar 1(800) 624-8304
- July 28** **Limites Saludables / Healthy Limits (Español)**
Inland CRC | Mié., Jul. 28 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar 1(800) 675 6694
- Ask The Financial Planner**
Inland CRC | Wed., Jul. 28 | 10 a.m. to 11:30 a.m. | [Registration](#) or Call 1(800) 675-6694
- July 29** **Dormir bien sin Medicamentos**
Inland CRC | Jue., Jul. 29 | 10 a.m. a 11:30 a.m. | [Inscripción](#) o Llamar 1(800) 675 6694
- Infection Control in the Home**
Del Mar CRC | Thu., Jul. 29 | 1 p.m. to 2:30 p.m. | [Registration](#) or Call 1(800) 624-8304
- Prevención de Resbalones, Tropiezos y Caídas / Preventing Slips, Trips, & Falls (Español)**
Del Mar CRC | Jue., Jun. 29 | 4 p.m. a 5:30 p.m. | [Inscripción](#) or Llamar 1(800) 624-8304

This is a collaborative effort of the California Caregiver Resource Centers to ensure high-quality education for California family caregivers. Visit www.caregivercalifornia.org.