

ALL ABOUT DEMENTIA: ALZHEIMER'S AND RELATED DEMENTIAS CLASS

KAISER PERMANENTE • FREMONT/HAYWARD/UNION CITY • HEALTH EDUCATION DEPARTMENT AND NEUROLOGY



Topics covered include:

- What is Alzheimer's disease?
- What is dementia?
- Other types of dementia
- Memory loss: is it normal aging or dementia?
- How to get a diagnosis and the next steps
- Impact on family and caregivers
- Resources to help

Taught by
Psychosocial Case Manager
Department of Neurology
Memory Clinic

Date and Times:
Call for dates and times.

Location:
Hayward and Fremont
Medical Centers

Registration:
Pre-registration
is required.
Call Health Education

**Hayward and
Union City:**
(510) 784-4531

Fremont:
(510) 248-3455

Fee:
Free to
Kaiser Permanente
members and
the community.
No referral necessary.



KAISER PERMANENTE®

Visit Our Health Education Centers

We have a wide selection of health resources to help you better understand and take care of your health.

These health resources include:

- Video Tapes and DVDs you can view in our centers
- Reference Books
- Internet Access available for medical searches
- Circulating Book and Video Tape Collection
- Free Pamphlets
- Books, Videos, Audio Tapes, and Specialty Items for sale
- Community Resource Information
- Access to Web sites:
members.kp.org
fremont.kp.org
hayward.kp.org
- Anatomical models and charts
- Health Education Class Registration and Information
- Friendly staff to answer your questions and help you find what you need

Visit KP.ORG

**Register today for a healthier way of life.
It's secure. Convenient. Free.**

- E-mail your doctor
- Schedule routine appointments
- Order prescription refills
- View select lab results

LOCATIONS

Location: **Hayward Health Education Center**
27400 Hesperian Boulevard
2nd Floor of the Main Medical Building
above the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.
Wednesday open till 7 p.m.

Phone: (510) 784-4531

Location: **Dr. Spencer Larsen
Pediatric Health Education Desk**
27303 Sleepy Hollow Avenue
1st Floor, Sleepy Hollow Building

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4344

Location: **Union City Health Education Center**
3553 Whipple Rd.
1st Floor next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 784-4531

Location: **Fremont Health Education Center**
39400 Paseo Padre Parkway
Niles Building, 1st Floor
Next to the Pharmacy

Hours: Monday–Friday, 9 a.m. to 5 p.m.

Phone: (510) 248-3455