

Continuing Education Webinar

Join us for a webinar that offers one (1) hour of continuing education credit for the following California Professionals: RCFE Administrators, licensed RNs and LVNS, LMFTs, LCSWs, LEPs, LPCCs and CLFPS.

Requirements for CE Credit: Participants must attend for a minimum of 60 minutes, have access to both audio and visual elements, respond to poll questions during the webinar, and return the completed course evaluation.

Webinar is free to attend. There is a \$10 fee for those looking for Continuing Education Credit.

BRAIN UNDER PRESSURE: HOW STRESS AFFECTS THINKING, MEMORY, AND AGING

TUESDAY, JULY 14TH, 2026 11:30AM PDT - 12:30PM PDT

Stress is something everyone experiences—but what is it actually doing to our brain and body? Participants will learn how stress affects memory, thinking, and emotions, and what happens in the brain during both short-term and long-term stress. We'll explore why some stress can be helpful, when it becomes harmful, and how it impacts overall health as we age. This session provides practical, real-life strategies to better manage stress and support a healthier brain, using simple approaches that can be applied right away.

At the completion of the course, participants will be able to:

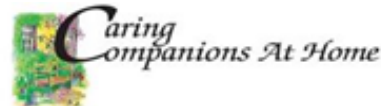
1. Explain how stress affects the brain and body, including how it impacts memory.
2. Recognize different types of stress and how stress can build up over time.
3. Identify common signs and effects of stress on mood, behavior, and overall health.

To Register Click Here Or Go To: <https://bit.ly/CE7142026>



Presenter: Dr. Neal H. Patel is a family medicine physician currently in private practice in the city of Orange. He was born and raised in Orange County and completed his medical school and residency in Southern California. He believes in the quality of medical care versus the quantity, and approaches medicine in a holistic manner.

This webinar is brought to you by the following organizations:



For additional information about Alzheimer's Orange County's continuing education policies, including accommodations or a disability, reporting a grievance and certificates of completion, go to: www.alzoc.org/WebinarCEpolicies

CAMFT (BBS): Alzheimer's Orange County (AlzOC) is approved by the California Association of Marriage and Family Therapists (CAMFT) to sponsor continuing education for LMFTs, LCSWs, LPCCs, and LEPs. AlzOC maintains responsibility for this program/course and its content. This course meets the qualifications for 1 hour of continuing education credit as required by the California Board of Behavioral Sciences. AlzOC CAMFT CE Provider #134760.

BRN: Provider approved by the California Board of Registered Nursing (BRN), Alzheimer's Orange County, Provider #CEP 14757, for 1 contact hour. This document must be retained by the licensee for a period of four years after the course concludes.

RCFE: Course approved by the California Department of Social Services (CDSS) for 1 hour of live stream, webinar continuing education credit for RCFE administrator recertification. Course Alzheimer's Orange County, RCFE Vendor #2000147-740-2. Course pending approval. Core of Knowledge: Managing Alzheimer's Disease and Related Dementias.