

MIND YOUR BRAIN: STRATEGIES FOR COGNITIVE STRENGTH AT ANY AGE

Wednesday, March 12th | 10:30 am - 11:30 am



Interested in strategies for keeping your brain stronger for longer? Based on the latest research from the Cleveland Clinic; learn about the six pillars of brain health, age-related changes in memory and learning, possible risks and threats to brain health, and practical steps to protect your brain health and lower your risk of cognitive decline.



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For more information or to RSVP
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Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES