

# THE IMPORTANCE OF SLEEP FOR COGNITION

**Thursday, March 20th | 1:00 pm - 2:00 pm**



Join us for a presentation focusing on how sleep affects the brain, how much sleep and what kind of sleep adults need for optimal health, and how to develop your own sleep hygiene for better brain function.

FREE  
TO  
ATTEND



**Orange Public Library**  
407 E. Chapman Ave  
Orange, 92866

**For more information or to RSVP**

**call: (714) 288-2400**

**Alzheimer's**  
ORANGE COUNTY

MEMORY SUPPORT SERVICES