Maintaining Your Brain Health

Learn about **lifestyle changes and habits** that everyone can use to maintain a healthy brain.

FREE & open to the community!
For more information or to pre-register visit **alzsd.org/classes** or call **(858) 492-4400**.

Wednesday, July 12, 2023

10 - 11:30 AM

Valencia Park / Malcolm X Library
5148 Market St
San Diego, CA 92114

Sign up:

Public Library

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