

Living with Memory Loss



Learn strategies for adapting to daily challenges, enhancing health and well-being, and planning for the future. For individuals living with **early-stage** memory loss and their care partners.

FREE & open to the community!

For more information or to pre-register visit alzsd.org/classes or call **(858) 492-4400**.

**Wednesday,
February 7, 2024**

10 - 11:30 AM

**Valencia Park /
Malcolm X Library**

**5148 Market St
San Diego, CA 92114**

Sign up:

