

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,
June 5, 2024

10 - 11:30 AM

Valencia Park /
Malcolm X Library

5148 Market St,
San Diego, CA 92114
(619) 527-3405

Sign up:



@AlzheimersSD