



MAXIMIZING BRAIN HEALTH

Everyone wants to know how best to stay healthy, and reduce the risk of dementia as they age. This presentation will focus on lifestyle habits associated with healthy aging, and simple changes that may reduce your risk of memory loss.

Wednesday May 1, 2019

6:30 to 8:00 PM

Skyline Hills Branch Library

7900 Paradise Valley Road

San Diego, CA 92114

FREE and open to the public!

For more information or to pre-register:

858.492.4400 or www.alzsd.org