

# An Aging Resource Rendezvous

Optimizing brain health and well-being as we age

Join us for this informative series!



Coffee, snacks, and registration at 9AM - Program from 9:30AM - 11:30AM

April 15th, 2023

## Sharpen your Mind!

Join this fun and interactive session to learn some strategies to practice improving memory and ways to maximize brain health.

Come play along and challenge your brain!

*Speaker: Traci Bell, MSW*

*Helpline Services Coordinator*

June 3rd, 2023

## Reducing your Risk for Dementia

New research, and new treatments

*Speaker: Dr. Aaron Ritter*

*Larkin Family Endowed Chair in Integrative Brain Health*

*Director, Memory & Cognitive Disorders Program, Hoag*

June 24th, 2023

## Aging Safely at Home

Preventing falls and making small changes to adapt as we age

*Speaker: Patty Barnett Mouton, MSGc*

*Vice President of Outreach & Advocacy, Alzheimer's Orange County*



**University United Methodist Church**

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**RSVP to: Kay Lucas at [jkaylucas@cox.net](mailto:jkaylucas@cox.net) or call 949-275-8318**

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