

Mind Your Brain: Cognitive Strength at Any Age

WEDNESDAY, MARCH 6TH 10:00 AM - 11:00 AM

Interested in strategies for keeping your brain stronger for longer?



Based on the latest research from the Cleveland Clinic; learn about the six pillars of brain health, age-related changes in memory and learning, possible risks and threats to brain health, and practical steps to protect your brain health and lower your risk of cognitive decline.

FREE EDUCATION CLASSES AT THE OASIS



OASIS Senior Center
801 Narcissus Ave
Corona Del Mar, CA 92625

RSVP Required
Call 949-644-3244

Alzheimer's | **MEMORY SUPPORT SERVICES**
ORANGE COUNTY

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