

# *The Role of Physical & Mental Exercise for Brain Health*

**WEDNESDAY, MAY 8TH 10:00 AM - 11:00 AM**



Join this presentation to learn how being active and engaged can promote brain health and memory. Small changes have a big impact!

Bring your questions!

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## **FREE EDUCATION CLASSES AT FULLERTON COMMUNITY CENTER**



Fullerton Community Center  
340 W. Commonwealth Ave  
Fullerton, CA 92832

**RSVP Required**  
**Call 714-738-6575**

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

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Helpline 844-373-4400 | [www.alzoc.org](http://www.alzoc.org)