

THE ROLE OF EXERCISE ON COGNITION

Tuesday, August 19th | 2:00 pm - 3:00 pm



Explore the powerful connection between physical activity and cognitive health. This presentation will feature evidence-based information on how regular exercise can improve brain function, reduce the risk of cognitive decline, and enhance mental well-being.



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Call to RSVP: (949) 464-6645

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES