

Brain Fit: Techniques for Memory and Focus (A 2 Week Series)

Join us for a fun, UCLA Longevity Center evidence-based, two session intensive course that teaches healthy brain lifestyles and enhances memory ability.



UCLA Longevity Center

FREE EDUCATION AT SUSI Q SENIOR CENTER

Must attend both sessions:

Session 1: Tuesday, June 17th | 2:00pm - 3:00pm

Session 2: Tuesday, June 24th | 2:00pm - 3:00pm

Susi Q Senior Center

380 Third Street, Laguna Beach, 92651

Call to RSVP: (949) 464-6645

Thank you to our sponsor:



Alzheimer's OC | 2515 McCabe Way, Suite 200, Irvine, CA 92614

Helpline: 844-373-4400 | www.alzoc.org