

# Mind your Brain: Strategies for Cognitive Strength at any Age

**Wednesday, July 9, 2025**  
**1:30 p.m. -2:30 p.m.**



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.

Downtown Anaheim Community Center  
250 E. Center Street Anaheim, CA 92805  
Reservations: (714)765-4510



People with access and functional needs who require an accommodation to participate in a program should direct such request either in person or by telephone at 714-765-4511 at least 72 hours before the scheduled event.