

Nutrition for a Healthier Mind

Wednesday, July 23, 2025
1:30 p.m. - 2:30 p.m.



Join us for a discussion of age-related changes in memory and learning and how nutrition and diet impact your cognitive health. Learn what foods you should eat and what foods you should avoid for a healthier brain and body.

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.