STRATEGIES TO IMPROVE BRAIN HEALTH

Tuesday, June 24, 2025 10:30 - 11:30 am

Join Alzheimer's Orange County for a free class on boosting your brain health! Learn practical tips on memory, mental fitness, and lifestyles choices that support a healthier brain. Empower yourself with tools to stay sharp and active-- mind and body!

Norman P. Murray Community and Senior Center
24022 Votorans Way

24932 Veterans Way Mission Viejo, CA 92692





Patty Barnett Mouton, MSGc, has served as Vice President for Outreach & Advocacy at Alzheimer's Orange County since 2005. She serves on the CalOptima Health Provider Advisory Committee, the OC Older Adults Advisory Commission to the OC Board of Supervisors, as well as the Senior Citizens Advisory Committee for the City of Laguna Niguel.

RSVP to Celina Berenguer: celina.berenguer@alzoc.org

