



SHARPEN YOUR MIND: MEMORY TIPS AND TRICKS

Thursday, September 4th | 1:00 PM - 2:00 PM

Sea Country Senior Center

24602 Aliso Creek Rd, Laguna Niguel, CA 92677

Join this fun and interactive session to learn some strategies to practice improving memory and ways to maximize brain health. Come play along and challenge your brain!

To RSVP Call: (949) 425-5151

Complimentary Memory Screening by Appointment Only.

Call (949) 425-5151

Thank you to our sponsor:  **TremendousCare**

Alzheimer's
ORANGE COUNTY

**MEMORY
SUPPORT
SERVICES**