



# 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**

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**Complimentary Memory Screening by Appointment Only.**

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