



# **Nutrition for a Healthier Mind**

**Tuesday September 9th • 1:30 PM - 2:30 PM**

**The Center at Founders Village**  
**17967 Bushard St, Fountain Valley, CA 92708**

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.

**Call (714) 593-4446 to RSVP**