

THE IMPORTANCE OF SLEEP ON COGNITION

Wednesday, September 10th | 10:30 am - 11:30 am



Join us for a presentation focusing on how sleep affects the brain, how much sleep and what kind of sleep adults need for optimal health, and how to develop your own sleep hygiene for better brain function.



Orange Senior Center
170 S Olive St,
Orange, CA 92866

FREE
TO
ATTEND

Call (714) 538-9633 to RSVP

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES