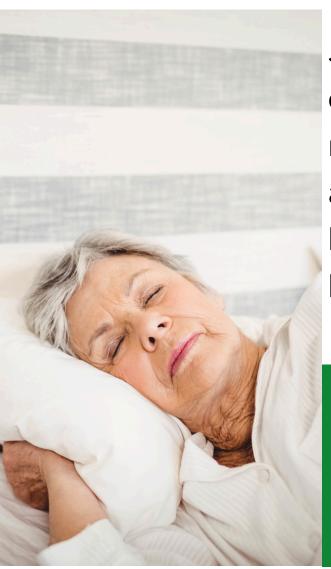
## THE IMPORTANCE OF SLEEP ON COGNITION

## 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

Call (714) 538-9633 to RSVP

