

THE ROLE OF EXERCISE ON COGNITION

Wednesday, November 12th | 1:00 pm - 2:00 pm



Explore the powerful connection between physical activity and cognitive health. This presentation will feature evidence-based information on how regular exercise can improve brain function, reduce the risk of cognitive decline, and enhance mental well-being.

**The Center at Founders Village
Fountain Valley
17967 Bushard St,
Fountain Valley, CA 92708
Call (714) 593-4446 to RSVP**

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

Helpline: 844-373-4400 | www.alzoc.org