

THE ROLE OF EXERCISE ON BRAIN HEALTH

Tuesday, March 17th | 10:00 am - 11:00 am



Discover how movement protects your brain and boosts memory, mood, and focus. Learn simple, safe ways to stay active at any age to reduce dementia risk and improve overall well-being.

Presented by: Lauren Weiss



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Call (714) 327-7550 to RSVP

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

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