

# 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



**Costa Mesa Senior Center**  
695 W 19th St,  
Costa Mesa, CA 92627



**Call (714) 327-7550 to RSVP**

**Alzheimer's**  
ORANGE COUNTY

MEMORY SUPPORT SERVICES

Helpline: 844-373-4400 | [www.alzoc.org](http://www.alzoc.org)