



Mind Fit: Optimize Your Brain Health

Wednesday, May 13th | 2:00pm - 3:00pm

Susi Q Senior Center

380 3rd St, Laguna Beach, CA 92651

Your brain health is shaped by the choices you make every day. Mind Fit: Optimize Your Brain Health explores the lifestyle habits that help support memory, focus, and long-term cognitive wellness. In this engaging and practical session, participants will learn how factors such as mental stimulation, physical activity, nutrition, sleep, stress management, and social connection work together to influence how the brain functions over time.



**Presented by:
Marilyn Stemper,
TheKey**

Call (949) 464-6645 to RSVP

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