



# MY BRAIN HEALTH ROADMAP

**Friday, May 29th | 12:30 PM - 1:30 PM**

**Yorba Linda Senior Center  
4501 Casa Loma Ave, Yorba Linda**

Create a personalized roadmap for supporting your brain using simple, evidence-based lifestyle strategies. Participants will explore the key pillars of brain health and leave with an actionable plan tailored to their daily routine, goals, and long-term cognitive wellness.

**Registration is required due to limited seating.**

**Call (714) 961-7181**