

BOOST YOUR BRAIN: SIMPLE DAILY HABITS FOR COGNITIVE HEALTH


May 27, 2026 | 2:00 pm - 3:00 pm



Discover small, everyday changes that can make a big difference for your brain! This fun and interactive class explores the connection between lifestyle and memory, offering practical tips you can use right away. From food choices and movement to social activities and stress relief, you'll learn easy ways to keep your mind sharp and energized at any age.

Presented by:
Deborah Morse, MSG




Susi Q Center
380 3rd St
Laguna Beach, CA 92651


**Call 949-464-6645
to RSVP**

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

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