

SHARPEN YOUR MIND!

MEMORY TIPS AND TRICKS

June 30, 2026 | 2:00 pm - 3:00 pm



Keeping the brain active is one of the most powerful ways to support cognitive health. This class explores how learning new skills, solving problems, and staying curious can strengthen thinking abilities. Participants will discover activities that challenge the brain and support skills such as memory, focus, and mental flexibility. The session also explains how mental engagement helps build cognitive reserve, allowing the brain to remain resilient over time. Participants will leave with practical ideas for incorporating brain-stimulating activities into everyday life.

Presented by:
Lauren Weiss



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