

KNOW THE SIGNS: WHEN TO SEEK HELP FOR MEMORY CONCERNS

Thursday, July 9th | 2:00 pm - 3:00 pm



It can be hard to know when memory changes are something to watch and when they should be discussed with a doctor. This class will review common warning signs of cognitive decline and explain why early evaluation is important. Participants will learn how to prepare for a medical appointment and what steps to take if concerns arise.

Presented by:
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Call (949) 470-3062
to RSVP

Refreshments provided by Seniors Helping Seniors

Alzheimer's
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MEMORY SUPPORT SERVICES

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