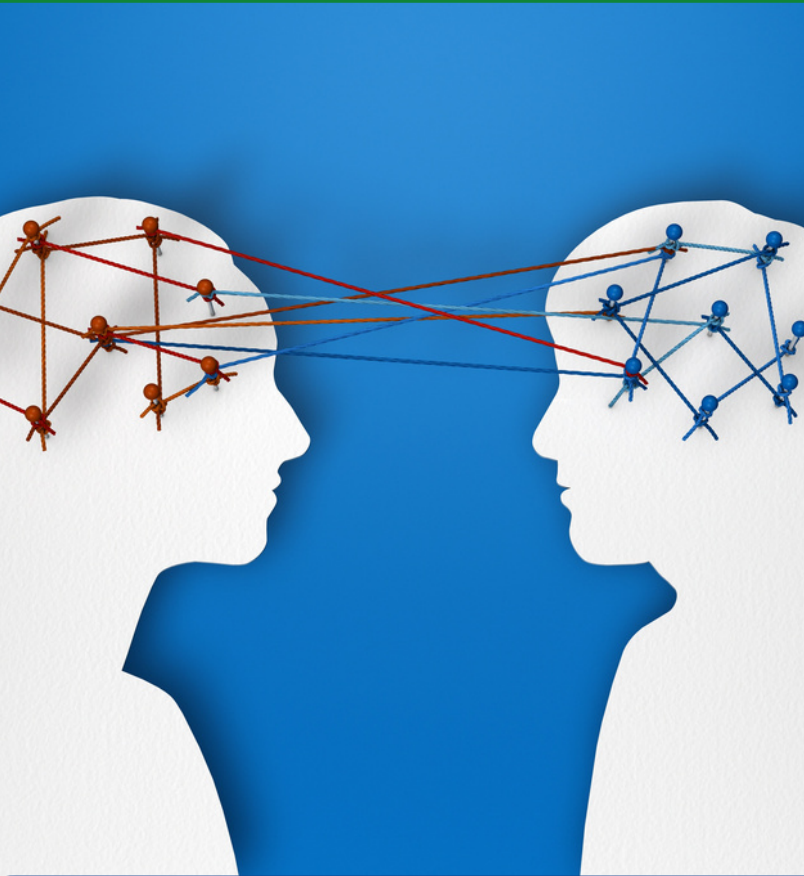


BRAIN BOOSTERS: EVERYDAY ACTIVITIES THAT BUILD COGNITIVE RESERVE

Tuesday, November 3rd | 11:00 am - 12:00 pm



Discover how everyday activities can help strengthen the brain's ability to adapt and stay resilient as we age. This class explores practical ways to build cognitive reserve through learning, movement, social connection, creativity, and other mentally engaging habits.



Aliso Viejo Ranch
100 Park Ave, Aliso Viejo, CA 92656



Call (949) 425-2550 to RSVP



Presented by:
Ben Allen

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

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