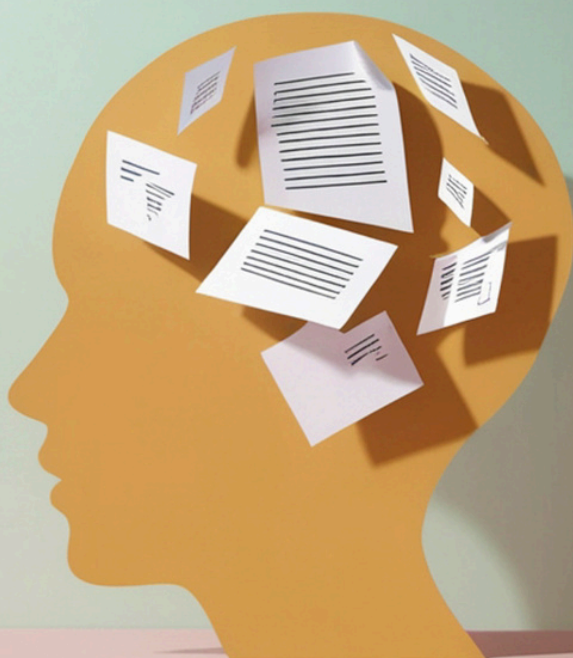


BUILD YOUR BRAIN'S BACKUP SYSTEM: THE POWER OF COGNITIVE RESERVE

Thursday, December 10th | 10:00 am - 11:00 am



Part of the AlzOC Sharp Mind Series, this class explores the brain's remarkable ability to adapt and compensate as it ages. Learn how lifelong learning, new experiences, social connection, physical activity, and meaningful hobbies can help build cognitive reserve and support brain resilience over time.



Norman P. Murray Community and Senior Center
24932 Veterans Way, Mission Viejo, CA 92692



Call (949) 470-3062 to RSVP



Presented by:
Deborah Morse

Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

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