

INFLAMMATION AND THE BRAIN: WHAT YOU NEED TO KNOW

Thursday, December 17th | 1:00 pm - 2:00 pm



Part of the AlzOC Sharp Mind Series, this class explores how chronic inflammation may influence brain health over time. Learn what contributes to inflammation, how it may affect memory and thinking, and practical lifestyle habits that can help support a healthier brain.



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



Call (949) 470-3062 to RSVP



Presented by:
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Alzheimer's
ORANGE COUNTY

MEMORY SUPPORT SERVICES

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