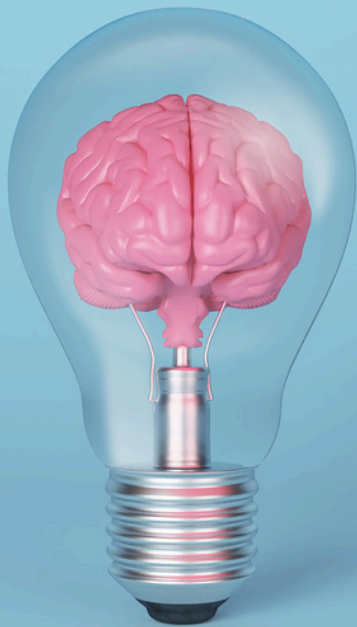


THE 6 PILLARS OF BRAIN HEALTH

Monday, February 24th at 1:30 pm



Interested in strategies for keeping your brain stronger for longer? Based on the latest research from the Cleveland Clinic; learn about the six pillars of brain health, age-related changes in memory and learning, possible risks and threats to brain health, and practical steps to protect your brain health and lower your risk of cognitive decline.

Florence Sylvester Senior Center
23721 Moulton Pkwy, Laguna Hills

To RSVP Call: 949-380-0155