

SUPPORTING BRAIN HEALTH IN OUR COMMUNITY

Presented by the Alzheimer's Association and Beach Cities Health District



Two-thirds of Americans have at least one major risk factor for dementia. Fortunately, we're at a turning point in our understanding of brain health and the science-backed actions we can take to protect it. Join us for a presentation exploring the latest research and how building brain-healthy habits can help you live well now while supporting your memory and thinking for the future.

Wednesday, June 24
1:00pm - 2:00pm

Redondo Beach Main Library
303 N. Pacific Coast Highway
Redondo Beach, CA 90277
Meeting Room - Floor 2

