



## **THE ROLE OF EXERCISE ON COGNITION**

**Wednesday, February 5th | 9:00 AM - 10:00 AM**

Explore the powerful connection between physical activity and cognitive health. This presentation will feature evidence-based information on how regular exercise can improve brain function, reduce the risk of cognitive decline, and enhance mental well-being. **Call (714) 741-5253 to RSVP.**

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## **NUTRITION FOR A HEALTHIER MIND**

**Wednesday, February 19th | 9:00 AM - 10:00 AM**

A discussion of age-related changes in memory and learning and how nutrition and diet impact your cognitive health. Learn what foods you should eat and what foods you should avoid for a healthier brain and body. **Call (714) 741-5253 to RSVP.**

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**Complementary Memory Screening by Appointment Only.**

**Call (714) 741-5253**

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Thank you to our host: *H. Louis Lake*  
SENIOR CENTER

**Alzheimer's** | **MEMORY SUPPORT SERVICES**  
ORANGE COUNTY