

# Brain Health: Primary Prevention Pathway



With growing awareness of Alzheimer's disease and dementia related disorders, there is a greater concern for maintaining brain function and avoiding disease. Join Neurology Specialist John Nguyen to discuss what programs and exercises can help you take care of one of your body's most vital organs, your brain.

Wednesday, February 15, 2017

2:00-3:30 p.m.

North Branch Redondo Beach Library

2000 Artesia Blvd. 90278

FREE

To register please call Senior and Family Services at 310-318-0650 or register in the Community Services Office at 1922 Artesia Blvd.

