

Alzheimer's Family Center presents



MIND BOOSTER

A four-week series of presentations by knowledgeable Orange County professionals in the fields of neurology, diet, exercise, stress management, cognitive fitness and elder law. The series will unravel the mysteries of the brain and memory function and provide ways to help or prevent memory loss.

TUESDAYS | 6:30 PM - 8:30 PM

Week 1 | January 10, 2023

All About Memory Loss | Maintaining Skills & Slowing Progression
-With Aaron Ritter, M.D., Psychiatrist from the Pickup Family
Neurosciences Institute, Hoag Hospital

Week 2 | January 17, 2023

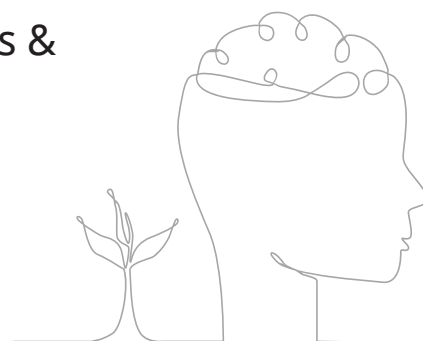
Exercise & Stress Management Nutrition | Superfoods &
Diet for Optimal Brain Health -With Heather Ayala

Week 3 | January 24, 2023

Cognitive Tools & Mental Health Resources
-With Cheryl Alvarez, Psy.D.

Week 4 | January 31, 2023

Legal Issues & Planning for the
Future -With Fay Blix, Esq.



REGISTER TODAY

(714) 593-9630

**COST FOR THE FULL SERIES:
\$15 for Assistance League Members
\$25 for non-members**

**LOCATION:
Assistance League Chapter House
8071 Slater Ave
Huntington Beach, CA 92647**