



BRAIN BITES

AARP Virginia, in partnership with the Southeastern Virginia Chapter of the Alzheimer's Association and the Virginia Beach Library, presents **Brain Bites**, a 4-part volunteer-led weekly series that will take place every Tuesday in June.

BRAIN BITES: SIX PILLARS OF BRAIN HEALTH TUESDAY, JUNE 7 | 10 - 11 A.M.

Do you think you're too old to grow additional brain cells? Think again! In AARP Virginia's *Six Pillars of Brain Health* program, attendees will learn how they can take charge of their brain health and improve their quality of life at any age.

BRAIN BITES: 10 WARNING SIGNS OF ALZHEIMER'S TUESDAY, JUNE 14 | 10 - 11 A.M.

Join us to learn how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, as well as possible tests and assessments for the diagnostic process.

BRAIN BITES: UNDERSTANDING ALZHEIMER'S AND DEMENTIA TUESDAY, JUNE 21 | 10 - 11 A.M.

Alzheimer's disease is not a normal part of aging. It's a progressive and fatal brain disease and is the most common form of dementia. This program is for anyone who would like to know more about how Alzheimer's affects the brain, detection, causes and risk factors, stages of the disease, treatment, and much more.

BRAIN BITES: CAREGIVING TUESDAY, JUNE 28 | 10 - 11 A.M.

This presentation will provide support and information for those experiencing the stress of caregiving.

PLEASE REGISTER [HERE](#).

MEETING LOCATION:

4100 Virginia Beach Boulevard
Libris Meeting Room
Virginia Beach, VA 23452



Southeastern
Virginia Chapter

in partnership with

