

BRAIN EDUCATION SERIES: BUILDING A COMMUNITY THAT CARES



Join us for a free education series that will answer your questions about healthy aging, memory loss and how to be a caring member of your community.

WED., APRIL 22, 2026

10:00-11:30AM

Building Brain-Healthy Habits

Now is the time to build healthy habits - brain health is important at all ages! Join us to learn about research-backed guidance of positive action steps to help you live better now and protect your memory and thinking as you get older.

WED., MAY 27 , 2026

10:00-11:30AM

10 Warning Signs of Dementia: Where are my Keys vs. What are my Keys
Slowing down is normal as we age, but when do those changes become a concern? Learn the ten warning signs of dementia and techniques to approach a loved one with your concerns about their cognition.

WED., JUNE 24 , 2026

10:00-11:30AM

Understanding Alzheimer's & Dementia: The Basics

Alzheimer's is not a normal part of aging. It's a disease of the brain causing problems with memory, thinking and behavior. You'll learn the difference between Alzheimer's & dementia, disease stages, risk factors, current research & treatments available.

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CALIFORNIA CENTRAL COAST CHAPTER