

MONTHLY EDUCATION AND SUPPORT SERIES IN SPANISH

Presented by the Alzheimer's Association®



Please join the Alzheimer's Association, UCSF and Mission Neighborhood Health Center for our monthly education and support series. Gain knowledge about Alzheimer's disease, brain health, resources in the community, and coping with caregiving challenges.

TOPIC DATES

- 10/16/18 What is Alzheimer's disease?
- 11/20/18 Coping with the Holidays
- 12/18/18 Nutrition and the Brain
- 01/15/19 Healthy living for your brain and body
- 02/19/19 Risk Factors for Alzheimer's Disease
- 03/19/19 Research Updates
- 04/16/19 Overview of Programs and Services

Third Tuesday of the Month
5:00 - 6:30 p.m.

Mission Neighborhood Health Center
240 Shotwell Street
San Francisco, CA 94110

To reserve a space or for more information, please contact Sandra Green at sagreen@alz.org or 408.372.9919.

In partnership with:



MNHC
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Visit alz.org/CRF to explore additional education programs in your area.