

Building Brain-Healthy Habits

Path to Positive Aging Series

When:

Thursday, June 18, 2026
3:00–4:00pm

Two Locations:

In-Person at Senior Concerns
401 Hodencamp Rd.
Thousand Oaks CA 91360

or Online via Zoom Webinar

RSVP:

Register Online or call 805.497.0189
www.seniorconcerns.org/seminars

Seminar is Free of Charge
Donations Accepted



Presented By: Jordana E. Lawrence
in collaboration with the Alzheimer's Association

Jordana is an Educator and Care Manager for the Alzheimer's Association. She has been with the Association as an employee for over eight years, overseeing support groups and education in Ventura and Santa Barbara County. But before that she volunteered as a facilitator for almost 8 years. In fact, she has been involved in some capacity with dementia for 30 years.

Jordana came to be involved with the Alzheimer's Association because of her mom, who had mixed dementia. Her mom passed away in 2008, and it made Jordana want to help others not to have to go through this journey of Dementia alone.

Seminar Topics

- ❖ Learn the science behind brain health
- ❖ Obtain strategies for building habits that help you live now
- ❖ Discover how to protect your memory and thinking for the future

REGISTER ONLINE:
SENIORCONCERNS.ORG/SEMINARS

