

Path to Positive Aging Series

When:

Thursday, June 18, 2026
3:00–4:00pm

Two Locations:

In-Person at Senior Concerns
401 Hodencamp Rd. TO 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

Seminar Topics

- ❖ The purpose and design of the U.S. POINTER clinical trial.
- ❖ Key lifestyle factors linked to reducing risk of cognitive decline.
- ❖ Combined interventions — diet, exercise, heart health management, cognitive challenge, and social engagement — that support brain health.

Insights from the U.S. POINTER Clinical Trial: Protecting Brain Health Through Lifestyle Intervention



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.



REGISTER ONLINE:

SENIORCONCERNS.ORG/SEMINARS