HOW TO KEEP YOUR BRAIN WORKING

(AND HOW TO ASK FOR HELP WHEN IT ISN'T)

Senior Concerns
Serving Seniors & Their Family Caregivers
50 Years ANNIVERSARY



THURSDAY JANUARY 14, 2027

3:00PM-4:00PM

LOCATION:

IN-PERSON AT SENIOR CONCERNS
401 HODENCAMP RD.
THOUSAND OAKS, CA

OR

ONLINE VIA ZOOM

REGISTER ONLINE:

SENIORCONCERNS.ORG/PROGRAMS/SEMINARS/

SCAN THE QR CODE!

THE SEMINAR WILL COVER:

- Everyday habits that support brain health and cognitive wellness.
- Understanding normal memory changes versus potential warning signs.
- How to talk with loved ones and healthcare professionals about memory concerns.
- Navigating the evaluation process and finding reliable resources and support.

SPEAKERS:

Ryan Glatt, PhD, NBC-HWC
Pacific Neuroscience Institute

Ed Chambliss
American Memory Loss Foundation