



HEALTHY BRAIN HABITS: Reducing Your Risk for Alzheimer's

The number of African Americans in California with Alzheimer's disease is expected to triple by 2040.

Healthy habits today may help reduce your risk for Alzheimer's tomorrow.



*With welcome remarks
from **Congresswoman
Maxine Waters (CA-43)***

**Join us for this important
workshop to learn:**

- **HEALTHY HABITS** to keep your brain healthy
- **WARNING SIGNS** of Alzheimer's
- **NEXT STEPS** if you think you're at risk

**WEDNESDAY, MARCH 16th
6 - 7:30PM**

**CLICK TO
REGISTER**

RSVP: bit.ly/Brain316

Workshop will be held virtually on 



**Alzheimer's
LOS ANGELES**

844.HELP.ALZ
AlzheimersLA.org



**Healthy Brain Initiative
Los Angeles**

This material was produced in part with funding from the Los Angeles County Department of Public Health through an agreement with the California Department of Public Health.