

Coronado Public Library Presents

# MAINTAINING YOUR BRAIN HEALTH

IT'S NORMAL TO WORRY ABOUT  
CHANGES TO OUR MEMORY AND  
COGNITIVE FUNCTION AS WE AGE.

AMY ABRAMS, MSW/MPH, AND  
DIRECTOR OF EDUCATION AT  
ALZHEIMER'S SAN DIEGO WILL SHARE  
THE RISK FACTORS FOR DEMENTIA,  
WHAT CURRENT RESEARCH TELLS US  
ABOUT THE LIFESTYLE FACTORS AND  
HABITS ASSOCIATED WITH LOWER RISK,  
AND ACTIONS YOU CAN TAKE TODAY TO  
KEEP YOUR BRAIN HEALTHY.



**SATURDAY JANUARY 23 11 A.M.**

**REGISTER AT [CPLEVENTS.ORG](https://cplevents.org) OR SCAN THE CODE  
TO RECEIVE THE ZOOM LINK FOR THIS EVENT.**



 **Alzheimer's** | SAN DIEGO



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# MAINTAINING YOUR BRAIN HEALTH

AMY ABRAMS, MSW/MPH, HAS WORKED IN THE FIELD OF LONG TERM CARE IN SAN DIEGO FOR TWENTY YEARS, IN CARE MANAGEMENT, DEMENTIA CARE, AND COMMUNITY HEALTH EDUCATION. SHE HOLDS A JOINT MASTER OF SOCIAL WORK AND MASTER OF PUBLIC HEALTH FROM SAN DIEGO STATE UNIVERSITY, AND IS A CERTIFIED POSITIVE APPROACH™ TO CARE DEMENTIA TRAINER. AMY SERVES AS THE DIRECTOR OF EDUCATION FOR ALZHEIMER'S SAN DIEGO, A LOCAL NON-PROFIT ORGANIZATION THAT OFFERS A WIDE RANGE OF FREE CLASSES, SUPPORT GROUPS, SOCIAL ACTIVITY PROGRAMS, RESPITE SERVICES, AND CARE CONSULTATION SERVICES FOR PEOPLE LIVING WITH DEMENTIA AND THOSE WHO CARE FOR THEM.