

# Learning Series

## “Maintaining Brain Health”

Join us for a light breakfast at St. Paul's PACE and enjoy our fun and informative presentation.

Learn about the latest research on lifestyle changes and strategies to help maintain your brain health!



**Tuesday August 20<sup>th</sup>, 2019**  
**10:00 am to 11:30am**

Guest Speaker: Jean Alton, Dementia Care Consultant for Alzheimer's San Diego

After the presentation, we invite you to tour our unique PACE Center



**1306 Broadway El Cajon, CA 92021**  
**(cnr. 2<sup>nd</sup> Ave & Broadway)**

Spaces are limited.

RSVP by August 17<sup>th</sup> to Lizette Galindo at (619)551-7451 or [lgalindo@stpaulseniors.org](mailto:lgalindo@stpaulseniors.org)

[www.stpaulspace.org](http://www.stpaulspace.org)