

Healthy Brain Aging

SUNDAY, SEPT 11

— 11:30 AM —

PARKVIEW PRESBYTERIAN

727 T Street, Sacramento, CA 95811

Can changing to a healthy lifestyle protect memory in older adults? Dr. Oanh Meyer will speak on healthy brain aging and introduce US POINTER, a two-year study that will test whether changing to a healthy lifestyle program can protect memory and thinking.

SPEAKERS



Oanh Meyer, Ph.D., M.A.S.

Dr. Meyer is an Associate Professor of Neurology at the University of California Davis.



Bonnie Rea, M.S.W.

Bonnie is a Family Care Specialist at the Alzheimer's Association.

ATTEND ONLINE

Go to Parkviewpc.org and scroll down to the bottom of the homepage to "Worship" to find the Zoom link

ATTEND IN-PERSON

Attendees must be vaccinated and wear masks. Vaccine cards can be emailed ahead of time to: vaccine@parkviewpc.org

For more information, contact us at:
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916-734-0121

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