

Free Community Seminar

Healthy Brain Aging



Wednesday, September 25 from 6 to 7:30 p.m.

Casa Colina Hospital and Centers for Healthcare, Loverso Education Center, Building 1E
255 East Bonita Avenue (at Garey), Pomona, CA 91767

PRESENTED BY



Elizabeth Preston Cisneros, PhD
Clinical Neuropsychologist and
Director of Neuropsychology
and Psychology at Casa Colina

Topics of discussion will include:

- Normal changes in elderly thinking vs. disorders of brain aging
- What impacts our ability to think?
- What is dementia?
- When to be concerned about changes in cognitive functioning
- What is a neuropsychological evaluation and how can it help you or a loved one?
- Health and lifestyle behaviors that promote healthy brain aging
- Question and answer session

Three easy ways to register!

- Call 866/724-4132
- Online at casacolina.org/communityevents
- Scan the QR code

Refreshments will be served and space is limited.



www.casacolina.org •

