



COGNITIVE HEALTH WORKSHOPS

Enhancing Brain Health: Strategies and Resources for Optimal Cognitive Functioning

Discover effective strategies to safeguard and boost your cognitive health. This workshop will provide valuable insights into maintaining and improving brain function, along with a wealth of resources from Beach Cities Health District and other local organizations dedicated to supporting cognitive well-being. Facilitated by Emily Brosius, LCSW, Director of Community Services at Beach Cities Health District.

Wednesday, March 12, 11:30 a.m. – 12:30 p.m.

Hermosa Five-0, 710 Pier Ave., Hermosa Beach, CA 90254

Tuesday, March 18, 11:45 a.m. – 12:45 p.m.

Perry Park Senior Center, 2308 Rockefeller Ln., Redondo Beach, CA 90278

Monday, March 24, 1:30 – 2:30 p.m.

Joslyn Community Center, 1601 N. Valley Dr., Manhattan Beach, CA 90266

bchd.org/cognitivehealth

