



Know the 10 Signs: Early Detection Matters

Memory often changes as you grow older. But memory loss that disrupts daily life is not a typical part of aging. It may be a symptom of dementia. Dementia is a slow decline in memory, thinking and reasoning skills. The most common form of dementia is Alzheimer's disease, a fatal disorder that results in the loss of brain cells and function.

This 1 hour workshop provides attendees with information about the difference between normal aging and Alzheimer's disease.

For more information, please call:

1-800-272-3900

***The dates, times and locations are listed on the back. These are free workshops and will be delivered in Spanish.**

San Diego/Imperial Chapter
6632 Convoy Court
San Diego, CA 92111
www.sanalz.org

alzheimer's  association®

Saturday, February 5, 2011

10:00-11:00 AM

Lemon Grove Branch Library

8073 Broadway, Lemon Grove, CA 91945

Saturday, February 5, 2011

1:00-2:00 PM

Spring Valley Branch Library

836 Kempton St., Spring Valley, CA 91977

Saturday, February 12, 2011

3:30-4:30 PM

Casa De Oro Branch Library

9805 Campo Road, Spring Valley, CA 91977

Sunday, February 13, 2011

2:00-3:00 PM

El Cajon Branch Library

201 East Douglas, El Cajon, CA 92020