



OPTIMIZE YOUR BRAIN HEALTH START EARLY... START NOW!

Presented by **League of Women Voters** of Beach Cities,
Palos Verdes Peninsula & Torrance Area, with **Beach Cities Health District**

Monday, May 21, 2018

7 - 8:30 pm

**Joslyn Community Center
1601 N. Valley Dr., Manhattan Beach**

Brain Development and Resilience – The Early Years

Dr. Sam Chan, former District Chief, Children's Systems of Care, LA County Dept. of Mental Health

Critical periods of early brain development

Risk and protective factors that promote resilience from birth to young adulthood

Lifelong Wellness – Promoting Long-term Brain Health

Drs. Dean and Ayesha Sherzai, Loma Linda Directors of Brain Health & Alzheimer's Prevention

Lifestyle behaviors for long-term brain health and to reduce risk for Alzheimer's
Healthy Minds Initiative, a joint study with Beach Cities Health District

RESOURCE TABLES open 6:30-7 and 8:30-9



For more information on this **free** event, contact Harriet at hzchase@roadrunner.com