

# MEMORY RESCUE: BRIGHT MINDS



Learn easy ways to enhance brain health, reduce your risk of cognitive decline, and be happier.

Join world-renowned psychiatrist **Dr. Daniel Amen** for a fun, exciting, and free talk as he discusses his groundbreaking MEMORY RESCUE: BRIGHT MINDS program. You will discover how you can start strengthening and sharpening your memory, improve energy and mood, reduce anxiety, sleep better, and enhance your overall well-being.

**Friday, July 7**  
**5:30 PM - 8:00 PM**

Alzheimer's Orange County  
2515 McCabe Way, Suite 200  
Irvine, CA 92614



*Featuring Dr. Daniel Amen,  
psychiatrist, brain disorder specialist,  
and director of the Amen Clinics.*

**RSVP for free: <http://www.alzoc.org/events/memoryrescue>  
or call 949-757-3721**

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