ALZHEIMER'S ASSOCIATION



BRAIN HEALTH & MEMORY: UNDERSTANDING CHANGES AND TAKING ACTION

FRIDAY, NOVEMBER 20, 2026
10:00 AM-12:00 PM

SAN RAFAEL COMMUNITY CENTER
618 B STREET
SAN RAFAEL, CA 94901

In observance of National Family Caregivers Month and National Alzheimer's Disease Awareness Month, join us for a talk on brain health and age-related memory changes. Learn practical ways to support your brain, how to distinguish normal aging from mild cognitive impairment, dementia, and reversible causes, and what to expect from a medical evaluation, including what to bring and what to ask.



DR. CANIO IS CHIEF OF GERIATRIC MEDICINE AT KAISER PERMANENTE'S SAN RAFAEL MEDICAL CENTER AND REGIONAL DEMENTIA CARE CLINICAL LEAD FOR NORTHERN CALIFORNIA.

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MARIN COUNTY COMMISSION ON Aging Educating & Advocating

REGISTER AT:

tinyurl.com/BrainHealth112026

For disability accommodations, please phone (707) 573-1210 or email sdombroski@alz.org at least five business days in advance of the event. We will do our best to fulfill requests.