



AGELESS LIVING

Your Guide to Vibrant and Healthy Aging

Tuesday, September 24th • 5:30p - 6:30p

Aging is a natural part of life, and embracing it with a focus on health and wellness can lead to a fulfilling and vibrant later life. This presentation explores the key components of maintaining health and well-being as we age. Topics will include physical activity, nutrition, mental health, social connections, and preventive healthcare. Attendees will learn practical tips and strategies to enhance their quality of life, promote longevity, and stay active and engaged in their communities. Join us to discover how making informed lifestyle choices can lead to a healthier and happier aging process.



Presented by:
Dr. Neal H. Patel

To register: <https://bit.ly/CP09242024>

Alzheimer's
ORANGE COUNTY

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