

Keeping Your Brain Healthy (Mandarin Workshop)

維持頭腦健康 (普通話講座)



保持腦健康是通過吃得好和保持活躍。我們會討論怎麼減少阿爾茨海默病的風險。請參加! 謝謝

Brain health can be optimally maintained by eating well and staying active. In this session, we explore various research findings related to aging well. We will discuss steps we can take to reduce our risks for Alzheimer's disease.



華埠服務中心
Chinatown Service Center

767 N Hill St., # 400, Los Angeles, CA 90012
12/20/17 Wednesday 星期三, 11:00 AM

Reservation is required, please call 必須預約, 請致電

1-213-808-1792