



Alzheimer's Family Center
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FOR IMMEDIATE RELEASE

February 21, 2019

Alzheimer's Family Center Mind Booster Series **to be Hosted at Laguna Woods Village**

In March 2019, Alzheimer's Family Center will be hosting its Mind Booster Series at Laguna Woods Village.

A Series About Brain Health

The Mind Booster Series is an interactive four-week series that equips attendees with tools to better understand the risk factors of memory loss. In each session, attendees will hear from a prestigious group of experts including a neurologist, kinesiologist, nutritionist, and elder law attorney about the most effective ways to prepare themselves for the future.

Prestigious Guest Speakers

Featured speakers for the Mind Booster Series at Laguna Woods will include neurologist Joey Gee, DO, kinesiologist Debra Rose, PhD, nutritionist Dr. Nasira Burkeholder-Cooley, DrPh, and elder-law attorney Fay Blix, Esq.

Dates, Location and Registration

When: Saturdays, March 9, 16, 23, & 30, 2019 from 9:00 am to 12:00 pm

Where: Laguna Woods Village Clubhouse 7, 24111 Moulton Parkway
Laguna Woods, CA 92637

Registration: It is \$35 per person for the four-week series. To register, please contact Leslie Carretti at (949) 254-4663 or at lesliecarretti@yahoo.com.

The Positive Impact of Mind Booster

Since it was launched by Alzheimer's Family Center in 2014, the Mind Booster Series has helped directly impact the lives of hundreds of attendees. According to a recent study, 47% of attendees have received a memory checkup following the series; 26% said they voluntarily increased their socialization; 53% affirmed that they increased their

level of exercise; 62% adjusted their diets to a brain-healthy diet; 42% of attendees exercise their minds more frequently than before attending the series; and 26% said that they have lost some weight.

For more information about the Mind Booster Series, please call (714) 593-9630 or visit www.afscenter.org.

About Alzheimer's Family Center

Alzheimer's Family Center (AFC) is Orange County's only adult day health care facility dedicated exclusively to caring for dementia patients. AFC has a 40-year history of improving the quality of life of families challenged by memory loss, such as Alzheimer's disease or another dementia. Patients benefit through customized programming tailored to the needs of each individual, from the earliest to the most advanced stages of dementia. Families find respite from the demands of caregiving, and the assurance that their loved one is receiving expert memory care, delivered with dignity and respect.

Recent studies show that AFC makes a positive impact on the health and wellbeing of its patients. Our patients experience over 50% fewer falls and a 33% reduction in emergency room visits within 12 months of enrollment in AFC's programs. As a result, AFC family caregivers find the responsibilities of caregiving to be more manageable when their loved ones are home, away from the center. AFC also provides family caregivers with support and referrals to manage the medical, emotional, and financial challenges of caring for a memory-impaired loved one.



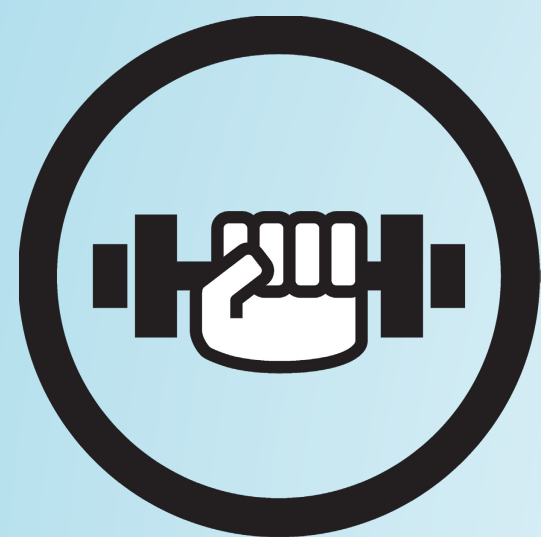
47%

of Mind Booster attendees received a Memory Checkup following the series.



26%

said they voluntarily increased their socialization.



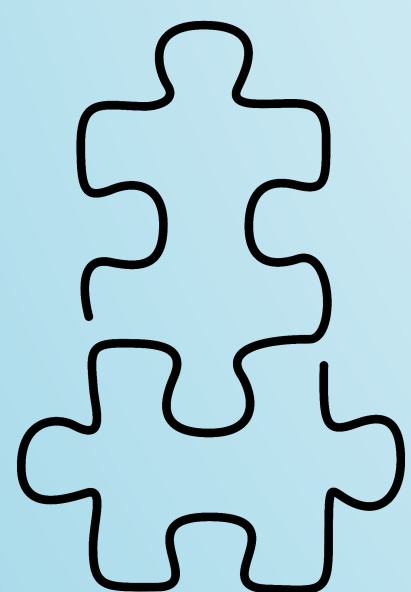
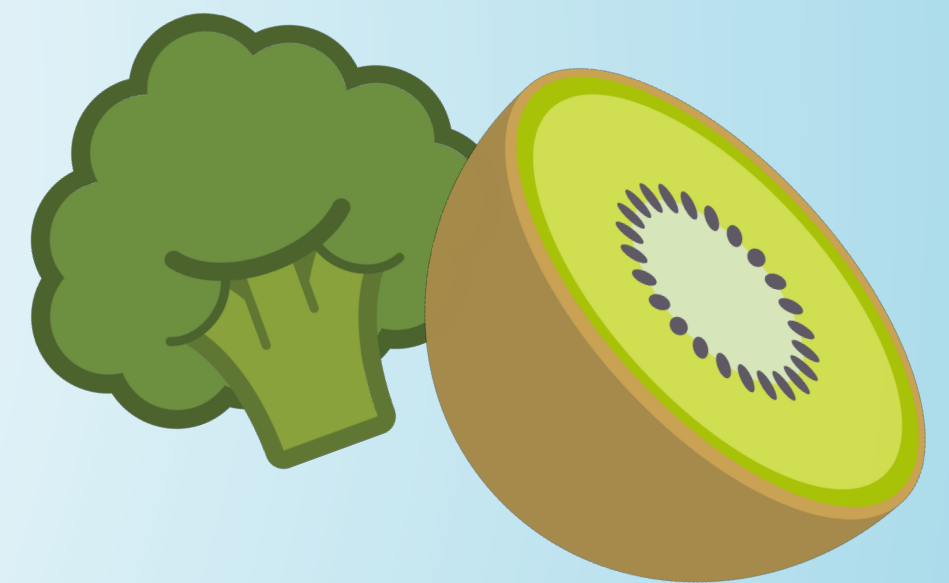
53%

affirmed that they increased their level of exercise after attending Mind Booster.



62%

adjusted their diets to a brain-healthy diet.



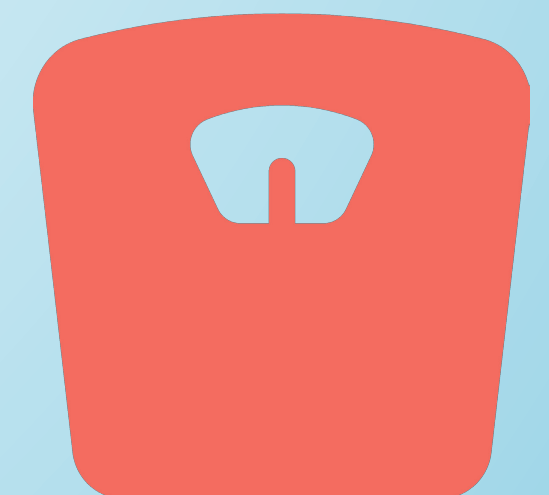
42%

of attendees exercise their minds more frequently than before attending the series.

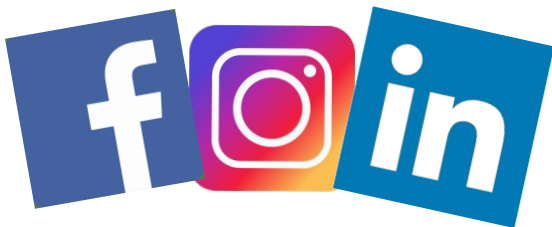


26%

said that they have lost some weight.



For more information about Mind Booster and upcoming dates,
please visit www.AFSCenter.org



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CREATE HAPPIER AND HEALTHIER DAYS

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Alzheimer's Family Center strives to provide high quality care and resources to the local community and families suffering from memory loss.



Alzheimer's Family Center is proud to offer:

- Six Mind Booster Series a year
- Two Healthy Brain Fairs (one in Huntington Beach and one in Laguna Woods Village)
- Free memory checkups at several locations in Orange County
- Caregiver counseling
- Extended evening services on Wednesday nights for patients with dementia

For more information on any of these services, please call (714) 593-9630 or visit www.afscenter.org.



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