



ACC
Park City

Understanding Aging and Memory Loss—Part II

Do you want to know what you can do to keep your brain healthy? Are you considering moving a loved one with Alzheimer's from their home? Do you have questions about financial and legal issues? Are you faced with end of life concerns? Join us for a series of workshops that can help you make better choices.



Pre-registration required. Attendance limited to 40 participants. You may attend one, two, or all three workshops.



To register, send a check made payable to: **Asian Community Center, Attn: Lucy Chao, 7375 Park City Drive, Sacramento CA 95831.** Please indicate your workshop selections and also note if respite care for a family member is required.



Scholarships are available. Applications are due by 06/15/11. Contact Nora Brusuelas, (916) 391-8067 (am) or Dean Lan, (916) 446-3809 (pm).

Thurs, 07/07/11: Maintain Your Brain®: How to Live a Brain Healthy Lifestyle

Presenter: Sachiko Jackson, Care Advocate, Alzheimer's Association

Thurs, 07/14/11: Moving a Loved One with Memory Loss: Choices, Challenges and Considerations

Presenter: Edie Yau, Director of Diversity, Alzheimer's Association

Thurs, 07/21/11: Continuum of Care: Developing a Plan

Presenters: Derek T. Seo, Certified Financial Planner and owner of Seo and Associates, and Sandy Chen Stokes, RN, MSN, Executive Director of the Chinese American Coalition for Compassionate Care (CACCC)



Time:

5:30-6:30 pm: Registration and Light Dinner

6:30-8:00 pm: Program/Q&A

Location:

ACC Park City, 7375 Park City Drive, Sacramento

Fees:

\$10 per workshop/\$25 for all three when registered by 06/15/11

\$15 per workshop/\$40 for all three after 06/15/11



For more information on workshops or accommodations, contact Susan Sarinas at (916) 393-9026 x 339.

CO-SPONSORED BY :

**Bridge
to
Healthy
Families**

alzheimer's association®

**UCDAVIS
HEALTH SYSTEM**

CLINICAL AND TRANSLATIONAL SCIENCE CENTER



APSEA



*Asian Pacific State
Employees Association*