

# MEMORY CAFÉ

THURSDAY, JULY 18 | 10:30 AM - 12 PM  
EVERY 1ST & 3RD THURSDAY OF THE MONTH

GROSSMONT HEALTHCARE DISTRICT'S HEALTH & WELLNESS LIBRARY  
(9001 WAKARUSA ST. LA MESA, CA 91942)

In collaboration with George G. Glenner Alzheimer's Family Centers, Inc.®, a community-based organization that supports families impacted by Alzheimer's and other memory impairment diseases, we are hosting a Memory Café Program! Memory Cafés provide a supportive environment, often described as a “meet up”, designed to engage attendees in cognitive activities to perk up memory.

The goal of the Glenner Centers' Memory Cafés is to keep attendees mentally and socially active, which research shows is protective of brain health. These gatherings are free and open to all older adults with or without memory concerns. Please note, no care is provided at these gatherings. Anyone needing assistance must bring their own caregiver.

PRESENTED BY:



Grossmont  
Healthcare District's  
Health & Wellness Library

An East County community resource

REGISTRATION: CALL 619.825.5010, EMAIL [LIBRARY@GROSSMONTHEALTHCARE.ORG](mailto:LIBRARY@GROSSMONTHEALTHCARE.ORG),  
OR VISIT US IN PERSON TO RESERVE YOUR SPOT