



**PERSONAL ASSISTANCE  
SERVICES COUNCIL**

Supporting and Enhancing Independence

## **Alzheimer's Series: Healthy Brain Habits**

Please join us for a discussion about how to keep your brain healthy as it relates to nutrition despite chronic conditions.

Presented by Efren Moreno with Alzheimer's Los Angeles.



Please register in advance

[Register Here](#)

**Password: #Pasc1**

Date: **Thursday, August 18, 2022**

Time: **10:30am—12:30pm**

Location: Zoom

If you want to dial in, please call **(669) 900-9128**

**Webinar ID: 846 0054 8772**

**Passcode: 546552**

*PASC strives to improve In-Home Supportive Services, support independence, and enhance the quality of life for all who receive and provide IHSS.*

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