



**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 Romero with Alzheimer's Los Angeles

Please register in advance

**[Register Here](#)**

**Password: #Pasc1**

**Date: Thursday, March 21, 2024**

**Time: 11am—12:30pm**

**Location: Zoom**

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

**Webinar ID: 830 8059 1303**

**Passcode: 241852**

*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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