

# Alzheimer's OC Club, Laguna Woods Village

## The 6 Pillars of Brain Health

Join us for a special conversation with Dr. Trinh from Irvine Clinical Research. Dr. Trinh will cover the latest findings on the topic of Brain Health including discussion on the 6 Pillars of Brain Health – Physical Exercise, Food & Nutrition and more!

*Presented by:*

**Dr. Dung Trinh M.D.**

Chief Medical Officer at Irvine Clinical Research and  
Board Member at Alzheimer's Orange County

**Monday, October 8, 2018**

10:00 a.m. – 12:00 p.m.

**Alzheimer's OC Club**

**Meeting and Information Session**

23822 Avenida Sevilla, Clubhouse 3, Room 2  
Laguna Woods, CA 92637

**No cost to attend. Open to all.**

**RSVP preferred, but not required:**

**949-757-3721**

Refreshments Provided by:



**Dr. Dung Trinh M.D.**



The Alzheimer's OC Club's mission is to increase awareness and understanding about Alzheimer's disease and related dementias, offer help to people affected, their caregivers and loved ones, and provide support to sustain and extend the programs of Alzheimer's Orange County.

**For more info contact Club President, Sunshine Lutey, Phone: 949-278-6454; Email: [SunshineLutey@gmail.com](mailto:SunshineLutey@gmail.com)**