

Memory Loss: Prevention and Early Detection

Friday, April 11, 2014

10:00am-12:00pm

Irvine Chinese School
9 Truman Street, Irvine, CA 92620
Multipurpose Room, 2nd Floor

Presented by:

Malcolm C. Dick, Ph.D., Senior Neuropsychologist
UCI MIND Alzheimer's Disease Research Center

With translation in Mandarin by:

Ruobing Li, M.A., Patient Care Coordinator
UCI MIND Alzheimer's Disease Research Center

Taking care of your brain is just as important as taking care of the rest of your body. Taught by experts from the UCI Institute for Memory Impairments and Neurological Disorders, this workshop will cover the key components of maintaining brain health:

- Understanding how aging affects memory and thinking abilities
- Heeding warning signs that suggest a memory evaluation is needed
- Implementing health and lifestyle practices to reduce the risk of developing a dementia like Alzheimer's disease
- Controlling chronic health conditions like hypertension
- Physical, mental, and social activity
- Diet and supplements

RSVP by Wednesday, April 9, 2014 to (949-824-4701)
or email Ruobing Li at ruobinl@uci.edu

記憶力衰退： 早期識別與預防

时间：2014年4月11日 (星期五) 上午10:00-12:00

地点：Irvine Chinese School
9 Truman Street, Irvine, CA 92620
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加州大學爾灣阿爾茨海默氏症疾病研究中心
神經心理學家 Malcolm C. Dick 博士
中文翻譯 Ruobing Li 社會老年學碩士

大腦健康和身體健康同樣重要。由加州大學爾灣記憶與神經疾病研究中心的專家講授怎樣保持大腦健康：

- 了解年齡增長對記憶和思維能力的影響
- 識別記憶出現問題的警示信號，知道什麼時候應該做記憶評估
- 以健康的生活方式來降低阿爾茨海默氏症等癡呆疾病發病的危險性
- 控制像高血壓之類的慢性疾病
- 鍛煉身體，訓練大腦，積極參加有益的社交活動
- 飲食和保健品

請於2014年4月9日前打電話報名：949-824-4701
或發郵件報名：ruobinl@uci.edu