

Fall, 2011 UCLA Seminars

Successful Aging

Learn strategies to maintain your health and well-being, and preventive measures including health screenings to retain independence.

Tuesday, September 20th , 2:30 to 4:00 pm

Diabetes Update

Learn about the current recommendations and treatments for diabetes and how to manage and control it.

Tuesday, October 18, 2:30 to 4:00 pm

Dementia

Learn the difference between normal age-related memory loss and cognitive impairments and losses due to dementia and Alzheimer's Disease.

Tuesday, November 15, 2:30 to 4:00 pm

Fall Prevention

Learn about risk factors that cause falls and how to prevent them.

Tuesday, December 20, 2:30 to 4:00 pm

*These seminars are provided free of charge at
Sunrise Senior Living of Santa Monica*

TO RSVP: **800-516-5323**



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www.sunriseseniorliving.com