

Living with Memory Loss



Learn strategies for **adapting** to daily challenges, enhancing health and well-being, and planning for the future.

FREE & open to the community!

For more information or to pre-register visit alzsd.org/classes or call **(858) 492-4400**.



**Friday,
August 28, 2026**

1 - 2:30 PM

**Mission Hills -
Hillcrest/Knox Library**

**215 W Washington St,
San Diego, CA 92103
(619) 692-4910**

Sign up:

