

# CITY OF FOUNTAIN VALLEY

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## ***PRESS RELEASE***

Rob Houston, City Manager \_\_\_\_\_

**TO: News Media**  
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### **Strategies for Successful Aging Is Preventing Alzheimer's Possible?**

Dr. Gary Small is a professor of psychiatry and aging at UCLA, where he directs the division of geriatric psychiatry and the UCLA Longevity Center. Dr. Small leads a research team that focuses on early detection and prevention of Alzheimer's disease and age-related cognitive decline. He also has developed healthy lifestyle and memory training programs that UCLA has licensed throughout the U.S and abroad. He authored more the 400 scientific publications and written eight books, including *The New York Times* best seller, *The Memory Bible*, and his most recent book, *2 Weeks to a Younger Brain*. He has received numerous awards and honors from the American Psychiatric Association, the Alzheimer's Association, and other organizations.

Don't miss this opportunity on Monday, September 18, 2017 from 9:30am to 11:30am as Dr. Small will share his research findings of early detection and prevention of Alzheimer's disease and age-related cognitive decline. This cost for this seminar is \$35 and includes a continental breakfast. Doors open at 9am to give attendees an opportunity to visit our Sponsors which include Alzheimer's Family Services Center, Fountain Valley IPA, Greater Newport Physicians, MemorialCare Medical Group, Orange Coast Memorial Medical Center, and PGIA (Presley General Insurance Agency).

The seminar will be held at The Center at Founders Village Senior and Community Center, 17967 Bushard Street, Fountain Valley. Space is limited, please register early. For a registration form or additional information, email [yolanda.markey@fountainvalley.org](mailto:yolanda.markey@fountainvalley.org).

For additional information on this program and other recreation programs, please call the Fountain Valley Recreation and Community Services Division at 714-593-4446 or visit our website at [www.fountainvalley.org](http://www.fountainvalley.org).

