

Know the 10 signs



Mid Coast
Senior Health Center

*Ounce of
Prevention
Series*

Monday, Nov. 14, 11 a.m.–NOON

A FREE WORKSHOP TO INCREASE AWARENESS
about the importance of early detection,
diagnosis, and intervention in

Alzheimer's Disease

Join

Laurie Trenholm, Director
Alzheimer's Association, Maine Chapter



Monday, Nov. 14, 11 a.m.–NOON

Community Room

Mid Coast Senior Health Center
58 Baribeau Drive, Brunswick

FOR MORE INFORMATION,
call **373-3646**.



MID COAST
SENIOR HEALTH CENTER

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A Continuing Educational Series Dedicated To Your Good Health.