

Program for Older Adults

Mental Fitness & Memory

**Speaker • Hope Klein Levy, MA
Lifelong Learning Specialist**

- What lifestyle factors make a difference?
- When should I worry?
- What can I do?

**Join us for this interactive program.
Learn how to improve the quality of your memory.
Improve your mental fitness and quality of life.**

**Wednesday, January 19
San Lorenzo Library**
395 Paseo Grande
510-670-6283

**Thursday, January 20
Dublin Library**
200 Civic Plaza • 925-828-1315

**Thursday, February 3
Albany Library • 1247 Marin Ave.**
510-526-3720

**Tuesday, February 15
Newark Library**
6300 Civic Terrace Ave.
510-795-2627

**Thursday, February 17
Castro Valley Library**
3600 Norbridge Ave.
510-667-7900

**Wednesday, March 9
Union City Library**
34007 Alvarado-Niles Rd.
510-745-1464

**Wednesday, March 16
Fremont Main Library**
2400 Stevenson Blvd.
510-745-1401



All programs
1:30 – 3:00 p.m.

No Reservations Required
Refreshments Provided

www.aclibrary.org

All library programs are FREE

Library is wheelchair accessible.
To request accommodations for library-sponsored
events, contact branch library
at least 7 working days prior to event.