

FREE



SEA COUNTRY SENIOR & COMMUNITY PRESENTS

DIETARY SUPPLEMENTS FOR BRAIN HEALTH



TUESDAY, DECEMBER 10 FROM 1PM-2PM

How useful are dietary supplements? Are they safe and can they interact with medicines that you are taking daily? Join us for a presentation on Tuesday, December 10 from 1:00pm-2:00pm on “what the current science says” on this topic. Afterwards, there will be one on one appointment available for participants to review their medications with a pharmacist. There is no cost to attend this group, but please register by calling the front desk at (949) 425-5151.