



Get Healthy @ Your Library

Strategies to Improve Your Memory (in English & Mandarin – note times)

The latest research on reducing the risk of dementia will be combined with practical tips and exercises to improve memory during this workshop presented by representatives from the Alzheimer's Association.

Tuesday, Oct. 6, 2:00 pm for Mandarin; English talk begins 3:15 pm
Milpitas Library, 160 N. Main Street, Milpitas, 95035 (408/262-1171)

Keeping Your Brain Dynamic

Psychologist Hildy Agustin will explain how our brain is much more malleable than previously thought and present simple and fun techniques to improve cognitive function at any age.

Tuesday, Oct. 13, 7:30 pm
Los Altos Library, 13 S. San Antonio Road, Los Altos, 94022 (650/948-7683)

Dr. Agustin will repeat her "brain health" lecture at another library location:

Tuesday, Oct. 20, 2:00 pm
Saratoga Library, 13650 Saratoga Avenue, Saratoga, 95070 (408/867-6126)

Building Better Bones with Safe, Effective Exercises

Sherri Betz, P.T, author of the Osteoporosis Exercise Book, presents key information, helpful motivation, and weight-bearing exercises for anyone who wants to stave off or manage osteoporosis. Her book will be for sale at special \$15 price.

Thurs, Oct. 22, 1:00 pm
Morgan Hill Library, 660 W. Main Avenue, Morgan Hill, 95037 (408/779-3196)

Strategies to Improve Your Memory (English only -- see description top of page)

Tues, October 27, 6:30 pm
Campbell Library, 77 Harrison Avenue, Campbell, 95008 (408/866-1991)

Get Your Brain Going! Start with Your Feet!

Exercise is vital for brain health. Leslie Oldenbrook, D.P.M., presents a powerpoint lecture that outlines foot problems and solutions, so sore feet won't keep you from being active. The *first 60 participants* will receive a free foot screening after the talk from Dr. Oldenbrook and his associate, podiatrist Dr. Sanguenza.

Thurs, Oct 29, 11:30 am
Cupertino Library, 10800 Torre Avenue, Cupertino, 95014 (408/446-1677)