

TRIVIA TIME!

What do you know about longevity?
What can you do to live a long life?
What do you know about the 90+ Study?

Come share laughs, answer questions, and win prizes while you learn about what the research says you can do to add years to your life!



Presentation by
Dana Greenia, Co-Author of the
UCI 90+ Longevity Study

Everyone welcome!



**Thursday,
September 25, 2025
11:00 am - 2:00 pm
Clubhouse 5, Gate 9**



**Snacks/Refreshments
provided**



**Further information
call/text:
Marygrace Carpenter
(310)780-0320**

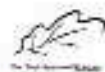


Fit Brain Club



Snacks and Refreshments provided by:

O'Connor Mortuary, Seniors Helping Seniors, and Memorial Care



Alzheimer's Orange County www.alzoc.org | Helpline 844-373-4400