

You're Invited...

Meeting of the Marin County Commission on Aging

**Thursday, December 10, 2009
Tiburon Town Hall Chambers
1505 Tiburon Blvd., Belvedere-Tiburon**

10:30 a.m.

***The Aging Brain and Mind:
Crossroads to Attention & Memory***

Take a tour of the changes that occur in our brains as we age. Find out about Dr. Gazzaley's latest research exploring attention and memory mechanisms. Understand the consequences of a failure to filter distraction on memory deficits in older adults. Ways to keep our brains healthy and fit throughout our lives (e.g., diet, mental and physical exercise) will be reviewed.

Speaker: **Adam Gazzaley**, M.D., Ph.D.,
Director, Neuroscience Imaging Center,
University of California, San Francisco; Helen
Wills Neuroscience Institute, University of
California, Berkeley

11:45 a.m.

Commission on Aging Business meeting

For more information about the Marin County Commission on Aging call
499-7118 or visit our website at www.co.marin.ca.us/aging

MARIN COUNTY
COMMISSION ON
AGING

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