

Simi Valley Public Library and Sherry Lynn Harris present

Adapting to Alzheimer's:

Aging Gracefully with Memory Challenges

Monday, March 30, 2015

6:00 p.m. - 7:00 p.m.

Simi Valley Public Library



Please join us as we host local author, Sherry Lynn Harris, for an important discussion on Alzheimer's. An Alzheimer's caregiver, educator, and advocate, Ms. Harris will discuss the warning signs and signals: what's normal age-related memory loss and when it may be time to get a geriatric evaluation. She'll give tips on how to improve your memory and offer guidance on providing your loved ones with care-giving decisions, ways to handle challenging situations, and ideas on how to create more joy in your life.

Book sale and signing to follow discussion.



**SIMI VALLEY
PUBLIC
LIBRARY**

2969 Tapo Canyon Rd
Simi Valley, CA 93063
805-526-1735
www.simivalleylibrary.org

Mon-Thurs: 10am-8 pm
Fri: 1 pm-5 pm
Sat: 10 am-5 pm
Sun: 1 pm-5pm