

CITY OF OCEANSIDE  
**NEWS RELEASE**



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**OCEANSIDE PUBLIC LIBRARY**

**For Immediate Release**  
**November 8, 2018**

**ALZHEIMER'S SAN DIEGO PRESENTS 'MEMORY LOSS 101' AT  
OCEANSIDE'S MISSION BRANCH LIBRARY**

The public is invited to "Memory Loss 101," presented by Dementia Care Consultant Jean Alton from Alzheimer's San Diego on Wednesday, November 28, from 1:00 to 2:30 p.m. at the Mission Branch of the Oceanside Public Library, located at 3861-B Mission Ave. Alton will discuss common signs and symptoms of dementia, other possible causes of memory loss, and how to maintain a healthy brain as one ages; and will provide an overview of the local resources that are available for screening, diagnosis, and support.

The presenter has worked with people living with dementia and their families for over 25 years. Alton brings with her a wealth of knowledge and experience informing the public about the risk factors of Alzheimer's disease and other types of dementia.

The program is free and open to the public, and is sponsored by the Friends of the Oceanside Public Library and Alzheimer's San Diego. For more information or to pre-register, please visit [www.alzsd.org](http://www.alzsd.org) or call (858) 492-4400. For information about Oceanside Public Library programs and services, please visit [oceansidepubliclibrary.org](http://oceansidepubliclibrary.org) or call (760) 435-5600.

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