

CITY OF OCEANSIDE  
**NEWS RELEASE**



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**OCEANSIDE PUBLIC LIBRARY**

***For Immediate Release***  
**December 19, 2018**

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

The public is invited to Memory Loss 101, presented by Dementia Care Consultant Jean Alton from Alzheimer's San Diego, on Wednesday, January 9, from 10:00 to 11:30 a.m., at the Civic Center Library Community Rooms located at 330 North Coast Highway. 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.

Alton has worked with people living with dementia and their families for over 25 years. She brings 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 call (858) 492-4400 or visit [www.alzsd.org](http://www.alzsd.org). 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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