

# Orange County Vital Brain Aging Program

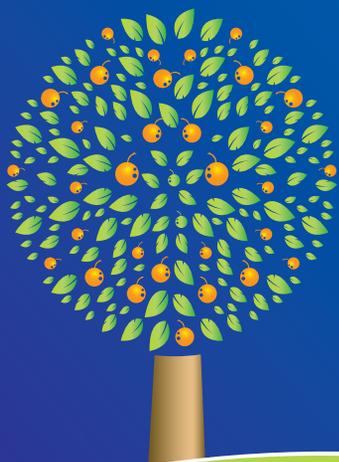
Take steps now to promote healthy brain aging for years to come. Adopting strategies to reduce your risk for multiple medical conditions will help you maintain your brain health as you age. If you are age 45 or over, the Orange County Vital Brain Aging Program recommends a three-step process:

- 1** Take three online self-assessments at [www.OCBrain.org](http://www.OCBrain.org):
  - Memory self-assessment
  - Depression self-assessment
  - Risk factor identification and management

- 2** Call 949-764-6288 for an in-person memory assessment

- 3** Repeat each year to monitor changes

Through this three-step process you will begin a path to recognize your risk factors and understand how they can impact your memory.



In-person memory assessments are available for a fee of \$45\*.

For more information, or to schedule a personalized confidential memory assessment, please visit [www.OCBrain.org](http://www.OCBrain.org) or call 949-764-6288.

\* The screenings are generously subsidized by Pickup Family Neurosciences Institute and offered at a cost of \$45.