



Brain Health Matters Event

Protect Your Brain from Stroke, Falls & Memory Loss

Knowledge That Empowers. Prevention That Saves Lives.

Wednesday, May 21 | 9:00 am - 12:00 pm

Did you know?

Every 40 seconds, someone in the U.S. has a stroke. Falls—often linked to stroke—are a leading cause of traumatic brain injury. Moreover, with age, the risk of cognitive decline increases. The good news? Many of these conditions are preventable with the right information, tools, and support.

Join Dignity Health - St. Mary Medical Center and expert healthcare professionals for an empowering morning of presentations, screenings, and practical tools to protect your brain and support overall health. Hear from leaders in stroke care, memory health, trauma services, fall prevention, and disaster preparedness—and connect with community partners at our resource tables.

Space and parking are limited. Registration required. Light lunch will be provided. RSVP by Monday, May 19 (48 hours prior) at **562.491.9187** or email **Gia.Lipow@Commonspirit.org**.

Hosted off-site due to hospital renovations. Venue generously provided by The American Red Cross – Long Beach & South Bay Chapter

3150 E. 29th St. | Long Beach, CA 90806
American Red Cross



Dignity Health®
St. Mary Medical Center

St. Mary Medical Center reserves the right to cancel and change dates for classes and services.



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American Red Cross Long Beach & South Bay Chapter Event Map

