

The Community Services Foundation of the City of Villa Park  
in partnership with

## St. Joseph Hospital's Healthy U Program

Invites you and your friends to an informative lecture on:



# Memory Loss: It's Not Always Alzheimer's

Thursday, September 16, 2010

11 a.m. to 12 noon

City of Villa Park City Hall

17855 Santiago Blvd.

Villa Park

### Register Today:

To register for this free event,  
please call St. Joseph Hospital  
Community Education at  
**714-633-DOCS (3627)**  
or register online at:  
**[www.sjo.org/calendar](http://www.sjo.org/calendar)**

Worried because you're forgetting people's names, where you left your car keys, or where you parked your car? Memory loss doesn't always mean you have Alzheimer's. Join **Karen Lau, MD**, from St. Joseph Hospital for a discussion on memory loss, including topics such as exercises that can strengthen the mind and simple ways to deal with forgetfulness.

Refreshments will be served.

**Make 2010 your year to take important steps  
toward a Healthier You!**



[www.sjo.org](http://www.sjo.org)

St. Joseph Hospital   
ST. JOSEPH  
HEALTH SYSTEM