



**PERSONAL ASSISTANCE  
SERVICES COUNCIL**

Supporting and Enhancing Independence

**PASC Training Series:  
Healthy Brain Habits**



Please join us for a discussion about how to keep your brain healthy and reduce the risk of Alzheimer's Disease.

Presented by Efen Romero with Alzheimer's Los Angeles

Please register in advance

[Register Here](#)

**Password: #Pasc1**

*PASC strives to improve In-Home Supportive Services, support independence, and enhance the quality of life for all who receive and provide IHSS.*

**Date: Thursday, April 9, 2026**

**Time: 11am—12:30pm**

**Location: Zoom**

Phone: 1-877-565-4477  
Fax: 818-206-8000  
Website: [www.pascla.org](http://www.pascla.org)

**If you want to dial in, please call (669) 900-9128**

**Webinar ID: 892 9638 2559**

**Passcode: 475683**