



# The Latest in Alzheimer's: A Presentation & Book Signing

LifeFit: CFIT A-LA-CARTE SERVICES

**Provider: Kenneth S. Kosik, M.D.**

**Join us for a presentation by neurologist & UCSB researcher Dr. Kenneth S. Kosik for an intimate gathering about the latest in Alzheimer's news & research.**

*"We now have good evidence for a set of preventive measures. Most of the interventions are well-known and the data which supports them is overwhelming. The modern tools of early detection allow personalized risk assessment and personalized approaches to an intervention program." –Dr. Kosik*

Learn about the latest findings in Dr. Kosik's cutting edge research on Alzheimer's & other forms of dementia. Understand what you can do as a result of the most current findings.

Discussion on topics from Dr. Kosik's newly released book "The Alzheimer's Solution," available for purchase & signing at the presentation.

Learn how various activities improve cognition and the resources available to help you navigate these options.

Question & Answer session will allow you to personally ask Dr. Kosik about your own concerns!

**Place:** CFIT, 2409 De La Vina Street  
Santa Barbara, CA 93105

**Date:** Thursday, July 22nd, 2010

**Time:** 2-3pm

Free to CFIT clients (Clients bring a friend free), \$5 donation for all others.  
Please **RSVP** to 805-899-7777 or [kendra@sbcfit.org](mailto:kendra@sbcfit.org) (Space is limited)