

**Lincolnwood Jewish Congregation  
AG Beth Israel presents**



**Sunday Morning Health &  
Wellness Breakfast Series**

# **Preventing Cognitive Decline**

***How to improve brain  
function and prevent  
dementia while aging***

***Featuring Silvia Panitch, MD***

**Sunday, February 5, 2023**

**9:30 am**



**7117 N. Crawford Ave.,  
Lincolnwood, IL**

**Call 847-676-0491 for  
reservations**

**\$10 charge for breakfast**