

Understanding Brain Health An Online Learning Series

These sessions each provide valuable information, research and things you can do about 4 key aspects in supporting your brain's health.

**These sessions are available for anyone to attend
Register for the series or join in for the topics that interest you.**

Dates:	Wednesdays
Jan. 12 th –	Normal Brain Aging
Jan. 19 th –	Food for Brain Health
Jan. 26 th –	Exercise for Your Brain's Health
Feb. 2 nd –	Socializing is Brain Health
Time:	11:00 am– noon
Location:	online (through Zoom)
To register:	click here

Questions? Please call Laurie at 1-888-343-1017 ext. 421