

## 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.**

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

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