

UNDERSTANDING BRAIN HEALTH

In this 4 part online learning series, we will explore different areas of Brain Health.

Each week will be a different focus. Register for the series and attend the sessions that are of interest to you.

Session Dates:

April 5, 2022

Normal Aging

April 12, 2022

Diet and Brain Health

April 19, 2022

Exercise and Brain Health

April 26, 2022

Social Connections are good for Brain Health

Time:

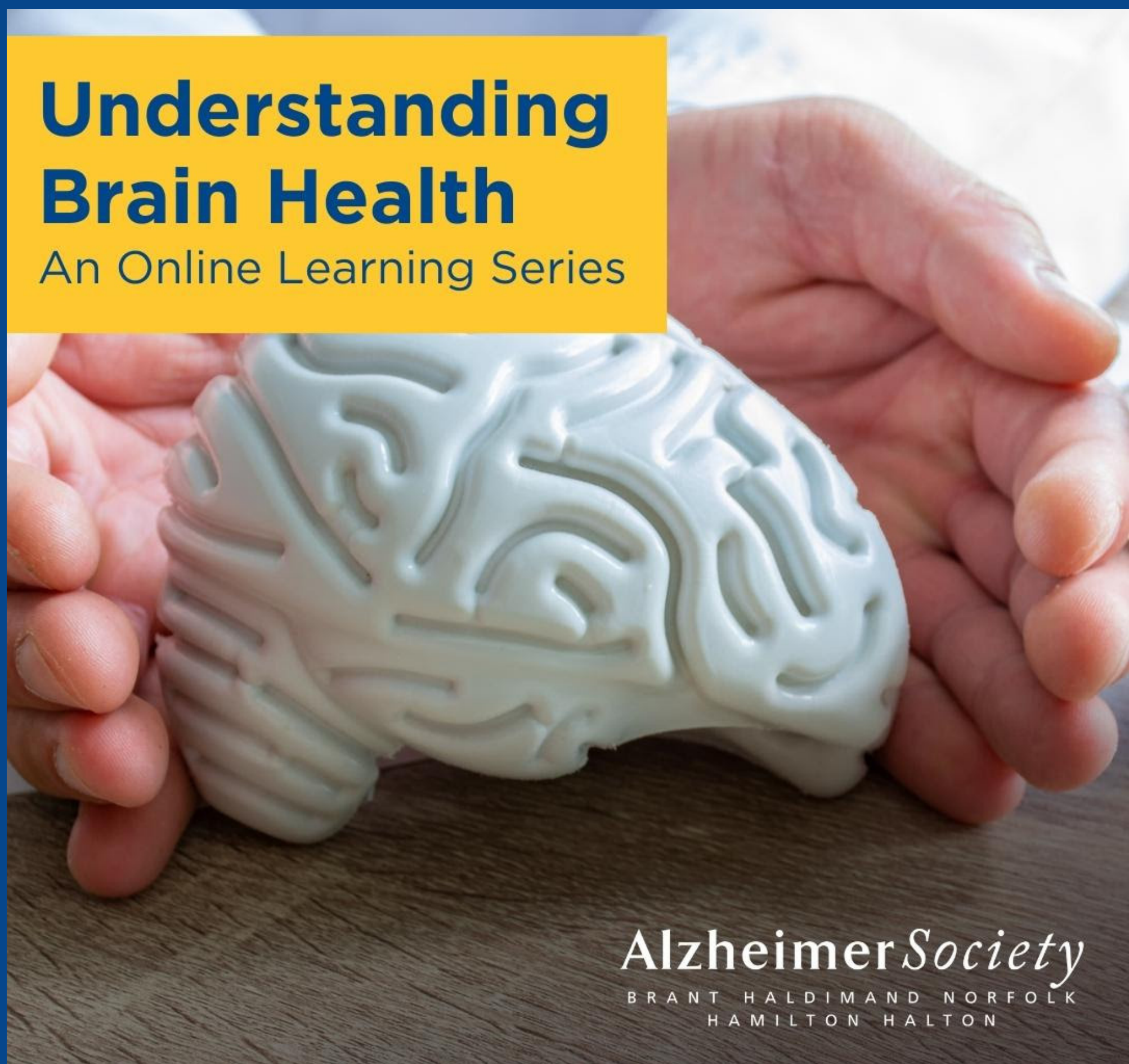
Tuesdays at 2:pm

Location:

Zoom Video

Understanding Brain Health

An Online Learning Series



TO REGISTER:

▶ Please Click [HERE](#)

or

☎ Call 1-800-565-4614