

Six Pillars of Brain Health

LUNCH & LEARN EVENT



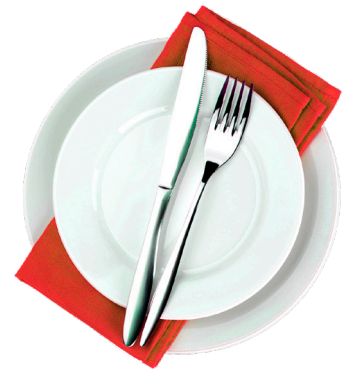
Thursday July 21 • 11:45 AM – 12:45 PM

It's never too late to focus on your brain health!

Daily behaviors that support brain health can make a big difference throughout your lifetime. This interactive session will cover the six pillars of brain health and hopefully inspire you to live your healthiest life! We will also discuss the latest research and resources available to help you maintain a healthy brain.

Presented by Myra Basnight with AARP.

A complimentary lunch is included at this free presentation.



Space is limited - RSVP today!

Contact Wanda Willman at 757-495-4211 or email wwillman@ourladyperpetualhelp.com.



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