

LUNCH AND LEARN

Getting a Brain Tune-Up!



Wednesday, March 20, 12:00 pm - 1:00 pm

Many adults over 50 worry about becoming forgetful. However, memory lapses can be simply result from normal aging changes or other conditions that are not dementia. Additionally, there are many factors that affect how well we age-our genes and our lifestyle. This presentation will highlight tips that have shown to help preserve our brains that we have control over; and to introduce strategies to help improve our memory ability.



Speaker:
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