BRAIN HEALTH

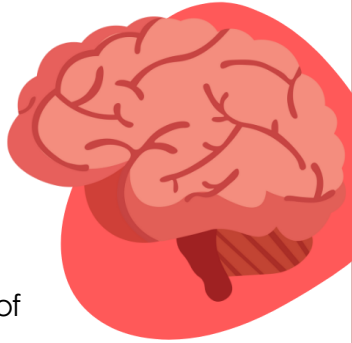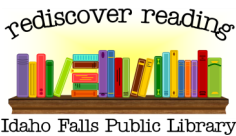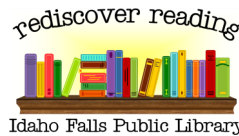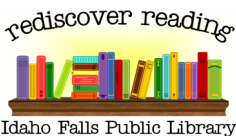## Protecting Your Cognitive Assets

Wednesday, December 11, 12-1:30pm
2nd Floor Program Room

The risk of developing dementia can be reduced by up to 40% through positive lifestyle habits.

Learn seven pillars of brain health and how they can become part of your daily routine.

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