

# BRAIN HEALTH

## Protecting Your Cognitive Assets

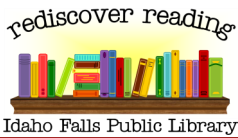
Wednesday, May 14, 12-1:30pm  
2nd Floor Program Room

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.



Brought to you by:



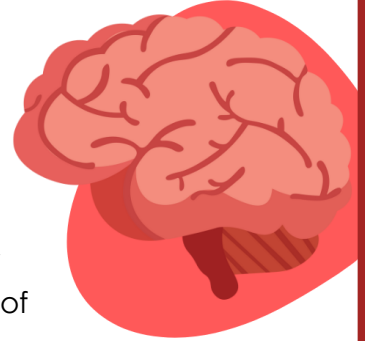
# BRAIN HEALTH

## Protecting Your Cognitive Assets

Wednesday, May 14, 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.



Brought to you by:



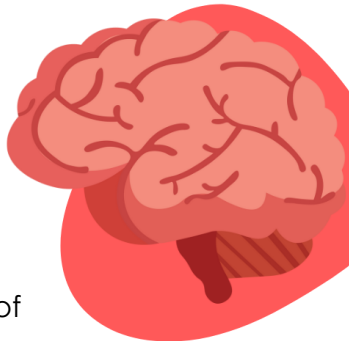
# BRAIN HEALTH

## Protecting Your Cognitive Assets

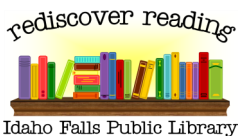
Wednesday, May 14, 12-1:30pm  
2nd Floor Program Room

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.



Brought to you by:



# BRAIN HEALTH

## Protecting Your Cognitive Assets

Wednesday, May 14, 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.



Brought to you by:

