

Nutrition and Brain Health

Monday, October 24, 2016 10am-11:30am

Where: ONEgeneration Senior Enrichment Center Art Room



Does good nutrition help your brain to work better? You bet! Learn what foods really are “brain foods”. Enjoy some delicious and easy to make recipes that help to keep the brain healthy. Recipes will be distributed for you to take home.

For questions, please call: (818)705-2345