

Healthy Aging Summit

Friday, April 18 · 10 a.m. - 3 p.m.



Mercer Island Community & Event Center • 8236 Southeast 24th Street, Mercer Island, WA 98040

Featuring:

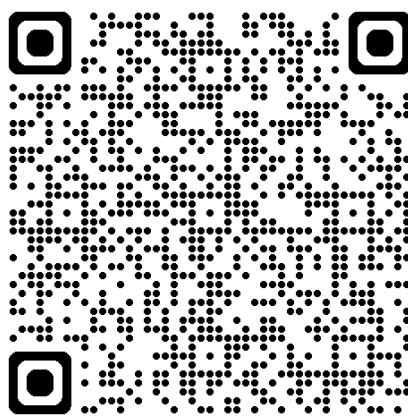
- **Brain Health Lecture Series:** Our experts from the Swedish Center for Healthy Aging & Women's Brain Health will share evidence-based tips and tricks to help you keep your brain healthy at any age.
- **Interactive Breakout Sessions:**
 - Seated Dance Class (no dance experience necessary)
 - Music Therapy
 - Brain Games
- **Community Resource Fair:** Our dedicated community partners will share essential information and resources to better support you and your loved ones.

This event is FREE and open to all ages.

Morning refreshments and lunch will be provided.

**Limited space available:
Registration will be required
for entry.**

**Scan this QR code to register
and be entered to win special
giveaways! →**



Questions?

Email: CFHAEvents@providence.org