Managing Your Cognitive Health



WITH:

Molly Perdue, MA, MS, PhD

Join AFSC Co-founder and executive Director Molly Perdue, MA, MS, PhD, for a discussion on cognitive health, including ways of reducing the risk of developing a dementia-related disease.

Take care of your brain like you care for your body! While exercise and nutrition keep your heart, bones, and muscles healthy, we often overlook cognitive health. Learn to identify what impacts your brain and discover ways to manage it.

DISCOVERY & ENRICHMENT
Brewster Ladies' Library Association

January 22nd, 2025, 1-2:30

At the Brewster Ladies Library - Register Online at BrewsterLadiesLibrary.org/calendar