

Thursday Aug 6, 11:00am

Center Toward Self-Reliance or Zoom

*Brain Health isn't a
luxury*



*It's a
Priority*

While age related cognitive decline might seem inevitable, it doesn't have to be! The formula to supporting our brain and memory is simple. Discover how good nutrition and healthy habits can support our memory throughout our lifespan.

Presenter: Betty Bogonko Rouse, Nutritional Health Coach