

A Healthy Brain Series:



Presented by
Adrienne DeVivo, Dementia Specialist
Hartford HealthCare Center for Healthy
Aging

Join us for our free five-part series on keeping memory strong. This program will offer tips to keep your brain sharp and activities to challenge the mind. All while having fun. Participants are encouraged to attend all sessions.

Each of the 5 sessions will cover the following topics:

Fridays at 12:30pm

3/2 - Intro - Eat Brain Foods & Stay Hydrated

3/9- Challenge your Mind Daily- Activities to Stay Sharp

3/16- Coping with Changes & Managing Stress - Be Social

3/23- Count Sheep - Be Creative and Have Fun

4/6- Be Positive - Find a Purpose

Location:
Plainfield Senior Center
482 Norwich Road Plainfield, CT 06374

Call to register: 860-564-1819
Walk-ins welcome