

# Brain Health As You Age: You Can Make a Difference!



We all want to stay healthy and independent as we get older. Along with keeping our bodies in good shape, we want to keep our minds healthy, too.

Join Jennifer, Dementia Care Specialist from the Aging & Disability Resource Center of Waukesha County to learn more about this important topic and what people of all ages can do!



**When: Tuesday, May 25<sup>th</sup>, 2021  
6:30-7:30pm**

**Where: Zoom**

**Please contact the Muskego Public Library to register for this program.  
(262) 971-2100**

