

Please join us for an informative discussion of memory and ways to increase cognitive stimulation and vitality:

The Dynamics of Memory and Aging



When: Wednesday March 15th
12:45—1:45 pm

Where: Sudbury Senior Center
40 Fairbank Road, Sudbury, MA

Presenter: Sharon Johnson
Vice-President, Hearthstone

This lively and informative presentation will discuss many areas related to cognitive health including: strategies for optimizing memory function, types of memory systems, ways to maintain brain vitality and lifestyle choices that support brain health.

The event is free and all are welcome.

Presented by:

Hearthstone