HEALTHY LIVING FOR YOUR BRAIN AND BODY







Did you know? Not everyone gets dementia or memory loss as they get older! Get tips from the latest research on what you can do to keep your brain and body healthy as you age!

5:45pm-6:45pm Presentation

TUESDAY SEPTEMEBR 24, 2024

JACKSON CHAPEL UNITED METHODIST CHURCH

5609 BALLENGER CREEK PIKE FREDERICK, MARYLAND 21703





